The Biggest Medical Lie of the Last 50 Years

By: William Campbell Douglass II, M.D.

PLUS 9 More Medical Lies that can Wreck Your Life

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Voice of Alternative Medicine

"Broadcasting" to you from somewhere outside the United States

You know things have gotten pretty bad when a doctor decides to live outside the United States so he can be free to say what he thinks.

That's what **Dr. William Campbell Douglass II** did. As he puts it, "I retired from practicing medicine ten years ago and left the U.S., the country I love, because I was fed up with the government. I couldn't practice the kind of medicine I believe in without risking penalties, jail and confiscation of everything I owned."

A colorful, rebellious crusader

America lost a dedicated physician, but not entirely! From his offshore haven, Dr. Douglass publishes the truth about the bogus claims of the medical dictators and the amazing treatments they won't let us have.

Not many physicians would put their professional reputations on the line as many times as this courageous healer has. Some call him a medical maverick, but he's also been called "the conscience of modern medicine." **He was even voted "Doctor of the Year" by the National Health Federation.**

A bold leader and life-saving pioneer

Who wouldn't envy Dr. Douglass's medical adventures? He's

battled malaria in Central America, fought deadly epidemics in Africa, flown with U.S. Navy crews as a flight surgeon, and worked for ten years in emergency medicine in the U.S. He pioneered new ER breakthroughs that are still saving lives today.

> "Most of us could improve our health immediately by *ignoring half the advice* we receive."
>
> **—William Campbell Douglass II, M.D.**

As soon as the Berlin Wall came down, he headed for the former Soviet Union to check out a "miracle cancer cure." What he found surpassed his wildest dreams. You'll learn more in this book.

While other doctors got rich in lucrative practices, Dr. Douglass set up a clinic in one of Africa's poorest nations. You've heard how most Africans can't afford the costly drugs they need? No matter. He healed his patients with natural treatments that cost pennies.

On top of all that, he's a keen wit and fun to read! No wonder more than 250,000 readers turn to Dr. Douglass for all their health news and breakthroughs. They already know what you're about to discover...

Dozens of "undeniable health facts" look silly when you look at the evidence.

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Can you believe it?
Read on to learn more...

Urgent Health Alert

PLEASE READ THIS

It's the most important piece of information in this book

Your Cholesterol Doesn't Count with Heart Disease

You will never, ever worry about your cholesterol count again after you read this little book. But you WILL feel a righteous anger toward the incompetent, dishonest corporate interests and medical bigwigs who cooked up the cholesterol scare.

And what about their advice to cut your cholesterol by changing your diet? The truth is the opposite: The food we eat has ALMOST NOTHING TO DO with our cholesterol levels!

If you totally give up saturated fat and cut calories like crazy, you'll be lucky to reduce your cholesterol even 5 or 6 percent!

And besides, you don't *have* to cut your cholesterol. You won't prevent heart and artery disease that way.

Keep reading. You'll see. This book will show you the truth. And not a minute too soon!

The war against cholesterol is not their only blunder. It's just one of many. The first chapters bury the cholesterol myth, and then the book goes on to show that mainstream medical advice is DEAD WRONG on one big issue after another.

Will exercise add years to your life? Does salt raise your blood pressure? Is tofu better for you than meat? Does sunbathing cause skin cancer? Does fluoride prevent cavities?

Big Medicine is wrong about every single one of these and much more. Don't let them mislead you any more, starting now.

Chapter One

The Biggest Medical Lie Of the Last 50 Years

Discover the "smoking gun" proof that...

- **Cholesterol doesn't cause heart disease**
- **What you eat has almost nothing to do with your cholesterol level**
- **Many people with high cholesterol actually live longer**
- **Low cholesterol is a deadly health hazard**
- **Our own bodies make cholesterol—it's found in every cell**
- **Cholesterol-lowering drugs put you at greater risk of cancer, depression, memory loss, nerve damage and more.**

What I'm going to reveal in this chapter is so shocking, it makes me tremble for the future of our country.

It's incredible that a huge medical blunder has become the standard treatment for heart disease in America. The people behind it refuse to admit they're wrong. But the evidence has been piling up against them from day one.

More than 50 years of evidence involving thousands of patients PROVES that your cholesterol count isn't your biggest worry.

I can almost hear you say, "C'mon, that's not possible."

It IS possible. It's more than possible—it's a fact.

Doctors *used* to know better

When the most powerful people in medicine set out to scare us to death about cholesterol, guess who they had the most trouble convincing? *Doctors.*

That's right: doctors. The doctors wouldn't play ball.

In 1983, the big shots at the National Institutes of Health (NIH) were gearing up for another advertising attack on cholesterol. To help develop their message, they decided to take an opinion poll.

They were shocked by the results

Their own polls showed a majority of America's doctors didn't agree with them. Six out of ten doctors thought high cholesterol posed NO health danger.

But with the patients, it was a totally different story. The NIH polls showed almost two-thirds of the public believed high cholesterol was dangerous. The patients were more worried than the physicians!

How was that possible? Because consumers were already brainwashed by years of advertising. But the doctors weren't—not yet. Remember, this was back in 1983. Most doctors still knew...

The truth about cholesterol: It's a natural, healthy body chemical

Cholesterol is so important that every cell in the

human body needs it. And which of your organs has the highest concentration of cholesterol? Your brain! That's right, your brain is loaded with this supposedly deadly stuff. But when it comes to *making* cholesterol, your liver is the main "factory."

In fact, your own liver makes most of the cholesterol that's detected by blood tests. That's why changing what you eat causes almost NO change in your cholesterol count. Your liver just produces more cholesterol to make up for what you don't get in your diet.

When people try strict diets, a small number, called "high responders," can lower their blood cholesterol by about 10 percent. The rest of us can totally give up saturated fat and cut calories like crazy, but we'll see only a 5 or 6 percent drop in cholesterol.

That's because your body needs cholesterol and your liver fights back when you try to take it away. All the diet does is make you deficient in a nutrient you need. Study after study proves high cholesterol is associated with *longer* life.

Yes, that's right. *You can live longer if you have high cholesterol.*

The proof that people with high cholesterol LIVE the longest...*and low cholesterol is an early sign of approaching death*

If your cholesterol is too low, you could be in trouble. Low cholesterol is one of the most accurate signs of bad

health ever found. Update your will and make sure your life insurance is paid up. Because in the government's own Framingham study, older people with the *lowest* cholesterol levels had some of the *highest* death rates. I bet you hadn't heard that nugget of truth yet.

Mainstream doctors tell us we should try to get our cholesterol below 200. Their advice is absolutely crazy. Here's the truth...

Elderly people with low cholesterol die more often from a heart attack compared to old people with high cholesterol. That's what a Yale University doctor found. His name was Harlan Krumholz (you know I couldn't make that up). His findings were even published in the *Journal of the American Medical Association.*

The truth is even more shocking if you look beyond heart disease

A recent study shows that death from *all* causes—not just heart disease—is lower among elderly people with high cholesterol.

It's not just old people, either. Among people of all ages, low cholesterol is connected to a higher risk of death from gastrointestinal and respiratory diseases. That discovery came out of 19 studies involving 68,000 people.

You want more proof? I've got it.

Another research team kept track of 100,000 healthy people for 15 years. They discovered that folks with low

cholesterol were more likely to catch serious infections—the kind that send you to a hospital.

And University of Minnesota scientists found that low cholesterol actually INCREASES your risk of certain infections like pneumonia or AIDS.

Low cholesterol is a death warrant

An article in the *European Heart Journal* confirms that low cholesterol is dangerous to your health. Examining 11,500 patients, they found those with cholesterol below 160 were *more than twice as likely to die* than those with high cholesterol.

And here's something very interesting: The number of deaths from heart disease was the same in both groups—but the low-cholesterol group had far more cancer deaths.

This isn't news. Our medical experts should have known it decades ago. High cholesterol is NOT a worry. But...

A Doctor Writes Dr. Douglass

"I would feel remiss if I further postponed commending you on the courage of your convictions. It is important for you to know that there are some in the medical profession who share at least a few. A case in point is the issue of cholesterol levels. I have argued against the universal cholesterol-phobia afflicting our nation for over three decades."

—H.J., M.D.

Low cholesterol *is* linked to cancer

The medical community has known for years that low cholesterol is linked to cancer. A big French study in 1980 revealed that the cancer rate climbs steadily as cholesterol levels fall below 200.

But, this is exactly the range the heart experts tell us to aim for! We're supposed to take drugs till we get our cholesterol below 200.

What can they be thinking? Who's behind this? Can our medical authorities *really* be that corrupt or incompetent?

Way back in 1987, the National Cancer Institute was intrigued enough to back a big study of 12,488 men and women. ***They found that men with the lowest cholesterol levels were more likely to get cancer than those with the highest levels.*** The article appeared in *The Lancet*, one of the world's most prestigious medical journals.

The guys behind this study were basically right across the hall at the National Institutes of Health from the heart "experts" who were telling the world to take cholesterol drugs.

The heart researchers ignored the evidence

They were too proud to change their minds. And maybe—just maybe—money had something to do with it. (Gosh! You think?) Cholesterol reduction is now a $20-billion-a-year industry.

The whole cholesterol scare was cooked up by a tiny handful of powerful doctors at prestigious institutions. They crammed it down the throats of the whole medical profession, over the objections of their own advisors and a majority of practicing doctors.

And leading cholesterol "experts" collected fat payments from drug companies all the way.

DO NOT PUT THIS BOOK DOWN UNTIL YOU'RE ABSOLUTELY CONVINCED CHOLESTEROL ISN'T YOUR BIGGEST CONCERN. THERE'S MORE PROOF IN THE NEXT CHAPTER—WITH CHILLING DETAILS ABOUT THE CONSPIRACY.

Chapter Two

Lower Your Cholesterol, Die Faster

The medical profession has known from the start that the war against cholesterol is harming people

Armed with billions of dollars, the big shots of mainstream medicine set out to show they could save lives. How? Why, they'd get thousands of men to stop smoking, stop eating saturated fat and cholesterol, and get their blood pressure down. The year was 1973.

With all those bucks, the big shots were able to sign up about 13,000 middle-aged men. This was a huge study that cost a fortune.

More than half of the men were smokers and had high blood pressure. They ate MORE cholesterol (translation: animal products) than the average American.

For the next seven years, half the men were allowed to do anything they wanted. Eat, drink, and be merry! And then have a cigarette.

The other half were the targets of intense efforts to change their diet and other habits. These men practically had a doctor watching them every minute for seven years saying, "Don't touch that steak! No eggs for you!"

So what did these poor guys gain from giving up everything they enjoyed?

The "bad boys" outlived the "good boys"!

There was no statistical difference between the two groups in the number of deaths. In fact, slightly more of the "good boys" died!

But this will really get you: there was almost no difference in cholesterol levels, either. In spite of all that dieting, the "good boys" only lowered their cholesterol by 6 percent! Meanwhile, the bad boys saw their cholesterol go down 3 percent with no help from the medical nannies.

The two groups ended up about the same. In other words...

What you eat makes almost no difference in your cholesterol tests

Ditto for the blood pressure results. Lo and behold, two-thirds of the good boys *did* lower their blood pressure. Hurrah! The problem is—and this was after six years—the blood pressure of the "bad boys" was only 5 percent higher than that of the "good boys."

In fact, researchers think the blood pressure drugs may have killed some of these "healthy" patients.

This is what we know for sure: The most ambitious effort in history to reduce cholesterol by cutting out meat, eggs and dairy products resulted in more deaths, not fewer.

And you'll really love this: the men who lost weight had a greater risk for death than the ones who ate as they pleased. These party boys didn't die the way the experts

said they should. The nerve of some people!

This finding came out in 1982. The medical profession has known all this time that they're wrong about cholesterol. *They just ignored this study—and many others.*

The evidence is overwhelming. Yet doctors go right on prescribing cholesterol-lowering drugs and telling people to give up saturated fat.

Cholesterol-lowering drugs hardly prevent heart attacks

Cholesterol isn't the real cause of heart disease, so you won't be surprised that cholesterol-lowering drugs don't do you much good.

One of the big drug studies focused on middle-aged men with really high cholesterol counts. If you believe the cholesterol theory, these men were at serious risk for heart attack and death.

Welcome to the Drug Culture

"Two hundred men without any prior heart disease have to swallow 357,700 [statin] tablets over five years to save one of them from dying from coronary heart disease. This is due to the fact that no exact knowledge exists as to which of these 200 will benefit from the treatment."

—British Medical Journal

My comment:

The *BMJ* nailed it, except for one thing: It's doubtful even ONE man out of the 200 will benefit. See Chapters 4 and 9 if you want more proof you've been had by the cholesterol nags.

The doctors predicted that cholesterol-lowering drugs would cut the number of heart attack deaths in half. Seven years later the results were in...

More men died in the prescription-drug group than in the placebo group!

This study wasn't a fluke. In one drug study after another, cholesterol-lowering drugs have failed to save lives.

- Two major studies show Lipitor reduces your "bad" cholesterol by a huge amount BUT it doesn't reduce your risk of death at all!
- Crestor drastically reduces cholesterol but saves no lives compared to patients on a placebo.
- Pravachol saves no lives compared to placebo...and could even increase your chances of cancer.
- Zocor reduces your mortality risk less than 2 percent.
- A meta-analysis of four major statin drug trials showed no difference in the risk of death compared to placebo groups.
- And at one point, the fine print on Lipitor ads actually said, "Lipitor has not been shown to prevent heart disease or heart attacks."

Why on earth are they making us spend $16 billion a year on these often ineffective and sometimes even harmful drugs?!

I've got better solutions, and I share them in a Special

Report called ***How Mainstream Medicine "Breaks" Your Heart (and What You Should Do Instead)***. In a moment, I'll explain how to get your FREE copy. But first...

WHY are doctors making people take worthless, dangerous prescription drugs—for a medical "problem" that doesn't really exist?

Don't blame your own doctor

Doctors pretty much apply the guidelines that come out of the NIH and the big research universities. Down in the trenches, the doctors who treat patients memorize hundreds of rules that are handed down by the big shots. The guys upstairs are supposed to know what they're doing.

And, oh yes, the big shots can take away your license if you don't play ball.

Your doctor probably hasn't read more than a fraction of the research on heart and artery disease. And most of what he's read is selected to prove what the top dogs want him to believe.

You can do everything your doctor tells you and still die of heart disease

How can that be? Because Big Medicine is looking for the cause of heart disease in all the wrong places. It's not cholesterol and it's not saturated fat. The right amounts of cholesterol and saturated fat are good for you.

Mainstream medicine's answer to heart disease is way off track, and even most alternative doctors have missed

the boat. Some of them tell you cholesterol is not important—and then they go right ahead and tell you ways to cut your cholesterol!

I sort the whole thing out in your Special Report, ***How Mainstream Medicine "Breaks" Your Heart (and What You Can Do Instead)***. It's a FREE gift for all new subscribers to my newsletter. The report unravels what I see as the real causes of heart disease and sets you on the road to good health—without drugs.

The steps that will save your life are totally different from what most doctors tell you. And you'll be shocked by the news in the next chapter...

> "Wow!...It's about time someone stood up and spoke the honest truth!!! Way to go, Dr. Douglass! (And anyone else who's involved in communicating the facts that most doctors don't even know, let alone share)."
>
> **—Sarah B., Alberta, Canada**

Chapter Three

A Steak a Day Keeps the Doctor Away

...especially if you wash it down with a beer!

Half the health advice you get is wrong—and the advice you get about food is the "wrongest" of all...

Take a minute and picture the perfect meal for good health

It starts with a nice, juicy Porterhouse steak, well-marbled. The more fat, the better. If you like, you can have a baked potato with the skin on—and smother it with butter. Real butter—not margarine.

Also, if you like, you can add a side of eggs. Or if you prefer, have an omelet with LOTS of cheese. Oh—and I almost forgot: Put as much salt on all this stuff as you want.

Wash it down with a couple of glasses of wine or a beer. Then finish up with a steaming cup of coffee. And add as much cream to your coffee as you like.

FACT: This is the healthiest meal you could ever eat. I'll prove it to you!

You can eat meat, butter, cheese and eggs every day—even several times a day. The more meals like this you eat, the healthier you'll get. You'll see why in the next few minutes.

Of course, it doesn't have to be steak. You can eat any

cut of meat you want—beef, pork, lamb, you name it. It's even better if the animal wasn't fed hormones and antibiotics, and best of all if it was grass-fed.

Would you like a glass of water with your meal? I wouldn't, but you can. Just don't fool yourself that it's a "healthy" thing to do, because it makes no difference at all to your health. Check out Chapter 13. All that stuff about "eight glasses of water a day" is a myth.

You'd be better off having a beer or a glass of wine! In Chapter 11 you'll see how some experts believe doctors should *prescribe* alcohol for your health. The benefits are far greater than you've heard in those reports about red wine.

I'm telling you, half the medical advice you get is dead wrong.

Want a quick snack? Have a hot dog!

Yeah, you heard right: a hot dog. The truth is out. One of the most maligned foods on earth might be good for you. They told us a certain preservative in hot dogs, bacon and ham can cause cancer. It doesn't. In fact, it's a natural body chemical that's good for you!

While the health nags were telling you a tale, I was trying to get to the truth. Now they've had to cave in and admit I was right. Chapter 5 fills in the details.

Guilt is their favorite prescription drug

Do you see a pattern here? It seems everything you enjoy is bad for you, if you believe most doctors and the

army of nannies and busybodies in universities, nonprofit groups, and government agencies.

Every time you hear a newscast or pick up a paper, the Foundation for the Prevention of Fun has a new warning that something you like is going to kill you.

You can't even stretch out in the sun and get a tan anymore. You'll get skin cancer! They're wrong about that, too. People who get the most sun are in the LEAST danger of getting deadly skin cancer. The truth is that sunshine is *free protection against* cancer.

They're even wrong about exercise. It doesn't necessarily help your heart or add years to your life. Chapter 15 proves it.

All the nagging might be worthwhile if they at least knew what they were talking about. But time and time again, they're wrong.

"Where has he been all of my life? Well, I'm sure happy he arrived as we have many people to share this information with. I have already forwarded the information to all of my friends and family."

—Eileen F., Chiropractor, Idaho

How can the health experts be so wrong about so much for so long?

I can suggest an answer: Making people worry about nothing is a great way to make money. From cholesterol-lowering drugs to sunscreen to margarine to health club memberships, they make billions.

Why does ANYBODY listen to these people anymore? If they've STILL got you feeling guilty about your cholesterol, your blood pressure, your salt intake...or about animal fat, eggs, exercise, getting a tan, glugging down your eight glasses of water a day...THIS LITTLE BOOK WILL SET YOU FREE.

You can eat eggs every day. I say it's good for you, and I can prove it (Chapter 6). Better yet, have a side of bacon or sausage along with it.

You will never feel guilty again about eating beef, butter, cheese, salt, hot dogs, wine, beer, coffee, whole milk or cream.

You've been nagged to death by "health nannies" who don't know what they're talking about!

What's more, a lot of the stuff they tell you is good for you isn't.

Can you imagine? They told us margarine was healthier for us than butter. Now even *they* have to admit that the factory-made fats in margarine are one of the deadliest health hazards in the supermarket.

They tell us to eat more soy, but products like tofu are the worst stuff you could eat. Except for small amounts of soy sauce, I never touch soy products in any form. Neither do Asians! You've been fed a line (along with a lot of foul-tasting food). You'll see what I mean in Chapter 12.

Soy has been linked to cancer in all of us and sexual impotence in men. Babies are drinking soy milk by the gallon in baby formula—even though it may cause homosexuality in boys.

And they call it a health food!

The people who foisted this trash on us are the very people who call themselves medical experts. They're supposed to be looking out for us. I'd say feeding soy-based formula to babies is the biggest health scandal of the last 50 years, except there are so many others it's hard to choose!

Let me show you what I mean...

Chapter Four

What's "Normal" Cholesterol?

It's whatever the Medical Bigwigs say it is—or so they want you to think

When they first launched the cholesterol scare, the Big Shots declared that anyone with cholesterol higher than 240 was at risk.

This is nonsense—if there's no connection between cholesterol and heart disease. But how did they come up with the number 240? I'm pretty sure...

THEY PULLED IT OUT OF THIN AIR...

There's nothing special about 240. The significance of 240 is that as many as one adult out of four has cholesterol higher than 240. They probably just chose that number so they could "treat" 25 percent of us for a disease that might not even be a disease.

It's about money, honey.

And they've changed the cutoff. Now they say you should get your cholesterol below 200! That way, they can claim HALF OF US ARE SICK AND NEED DRUGS!

This is a scam and nothing else. Do you know anyone with cholesterol below 200 who's not taking statin drugs? I bet you don't. Cholesterol that is low is not normal.

If you do know anyone with a *natural* count below

200, tell them to get to a doctor right away (an alternative doctor, of course). Something's not right.

They Knew Decades Ago Cholesterol Doesn't Matter

Starting in 1948, the famous Framingham Heart Study tracked more than 5,000 adults for decades to find out what causes heart disease.

Probably no other group in American history has been weighed, measured and observed in such detail for so long. The whole cholesterol scare began with this study.

But what did the researchers really find?

They found that men aged 30 to 55 were the ONLY group where it looked like high cholesterol might be connected to heart disease.

This is incredible if you think about it. Among all the people OLDER than 55—men and women—there was NO connection between high cholesterol and heart disease.

And among all women, no matter what their age, there was NO connection between cholesterol and death from heart disease.

Meaning, if you're a woman or if you're older than 55, there's no reason at all to worry about your cholesterol. In my opinion, you don't need to worry even if you're a male, aged 30 to 55, and I'll tell you why right now.

Even they aren't having many heart attacks

Whether their cholesterol is high or not, men that age

just don't have that many heart attacks. And their cholesterol is probably higher because they tend to be under a lot of stress—not for any heart-related reason. We know that high stress raises cholesterol.

Of course, once they hit 55, the link between cholesterol and heart disease diminishes. And as I already said, women never had to worry about it, anyway.

So, the whole cholesterol scare is based on men aged 30 to 55, who aren't in much danger of a heart attack. Cholesterol is no problem for the rest of us and never was. And the medical big shots have known all of this for years!

Based on an outrageous pack of lies, Big Medicine is racking up $16 billion a year in drugs, plus billions more in blood tests and office visits. We've been had.

Can you say "SCAM"?

I can. SCAM, SCAM, SCAM. The cholesterol theory of heart and artery disease is a SCAM.

What about "bad" LDL cholesterol?

In the last few years, Big Medicine has shifted the emphasis from total cholesterol to LDL cholesterol, the so-called "bad" cholesterol. They even tell you the other cholesterol—HDL—is good for you.

They're half right. HDL cholesterol IS good for you. But so is LDL. The whole idea of "bad" cholesterol is total nonsense. You don't have to worry about either one.

How did Big Medicine cook up the LDL bogeyman?

Medical researchers noticed there's a lot of LDL in the plaque that lines artery walls. That's true, but plaque contains a lot of other stuff, including growth factors, immune system cells and muscle cells.

Plaque is basically scar tissue that's trying to heal an injury to the artery. Blaming LDL for the injury is like seeing a scab on your skin and saying the scab cut you!

Various studies have shown that there's NO relation between a person's cholesterol count and the amount of plaque build-up. But SOMETHING is injuring our arteries. What can it be?

You've got to find out NOW what's *really* damaging your arteries

What is it that's ripping our arteries to shreds? THAT'S THE BIG QUESTION. Is it homocysteine, the stuff that some alternative doctors talk about?

Good guess, but it's not the full story.

Maybe you've heard that heart disease is an inflammatory condition. It might even be caused by infections. Now you're really getting close to the truth. In fact, antibiotics can prevent heart attacks—by killing bacterial infections—but I sure don't think they're a good cure for heart disease.

Homocysteine and inflammation are just part of the puzzle. The major villain behind heart disease is right in

your kitchen—I guarantee it—but it's not meat, fat, eggs or butter. The deadly menace I'm talking about has made millions of Americans slaves to a biochemical nightmare.

Discover the full story—the REAL cause of heart disease—in your FREE Special Report, ***How Mainstream Medicine "Breaks" Your Heart (and What You Can Do Instead)***. It's a gift I give to every new subscriber.

Unravel this mystery and you can save your life, but we'll all be dead before the medical establishment admits they're on the wrong track. Don't wait for them to wise up. Get my report and (as the title says) see what you can do instead.

Meanwhile, discover that life is a lot more fun when you're not worried about nonsense like cholesterol and saturated fat. Let me show you...

Chapter Five

The World's Healthiest Meal is the One They Tell You NOT to Eat

If guilt was a wonder drug, we'd all be in perfect health. Don't let the health nannies spoil your fun anymore. They just lost their license to nag.

Meat, milk, butter, cheese—eat up!

For the last 40 years the health nannies have shown an amazing ability to turn healthy foods like salt, beef, butter and eggs into lethal threats. Their favorite prescription is guilt—especially guilt about the way you eat.

If you take their word for it, that thick juicy steak is the Hannibal Lecter of foods—a serial killer with irresistible charm.

Watch out! Don't be taken in!

They've been wrong every step of the way. And the substitutes they try to force on us—like tofu and margarine—have turned out to be deadly toxins!

If you listen to them, you may end up like Jackie Onassis. Before the former first lady died of breast cancer, she said, "I did everything right and look what happened."

It was a tragic commentary on animal-hugging vegetarianism. Like Jackie O., millions of people are giving up the foods they love because they think they're doing something good for their bodies.

The low-animal-products, "healthy heart" diet is nothing short of murder!

I've been saying this for nearly 40 years, and every day there's new evidence I was right. By the way, I practice what I preach. I'm 82 years old, and I've eaten a high-fat diet for more than 40 years. I weigh the same as I did in college.

You'll understand why it works so well for me—and why it can work for you—when you read a Special Report I've prepared called ***The Foods You Love are Good for You.*** It's a great companion for the heart report I promised in the last chapter. They're both yours FREE when you subscribe to my newsletter.

You'll find out it's not meat and milk products that make you fat and put your heart in danger. It's the high-energy, low-nutrient foods that Americans subsist on—sugar, starch, pasta, pastries, fries, colas, colas and more colas.

> "Thank you. You are a person of REAL courage. What a pity there are so few of your kind."
>
> **—Victor L., Subscriber**

Around 1900, when Americans ate a more traditional diet, heart disease was just about unknown. Sugar was a luxury. Instead, Americans ate a diet high in saturated fats and cholesterol, including all kinds of meat, eggs, whole milk, cream and butter. Obesity was no problem and

heart disease was nonexistent.

So eat like your great-grandparents. Or better yet...

Eat like a cave man

Hunting and gathering cultures all over this planet lived on animal products for thousands of years. They were lean and muscular, with little or no cancer or heart disease.

How do we know? Archeologists study their remains, that's how.

The people of ancient Iceland, for example, were healthier than most modern Americans! They had better teeth and stronger bones. And their diet was close to 100% animal protein and fat—shark, seal, whale and fish. They hardly ever saw a vegetable.

Ditto for "primitive" peoples all over the globe. If you've got time, you can check it out in a 500-page book by one of my heroes, Weston A. Price. It's called *Nutrition and Physical Degeneration.*

Or better yet, save a few bucks and a lot of time. I've laid out the basics for you in your FREE report called ***The Foods You Love are Good for You.*** The report proves the benefits of animal fats and protein. See for yourself why...

Fat does not make *you* fat

I've seen patients lose 50 pounds or more on a strict meat-and-fat diet. As you'll discover in the free report, nutritionists have known for half a century that when you cut

back on carbohydrates your body burns fat. They were surprised by the way their patients lost weight even when given a diet rich in animal fats.

If you think this sounds like the late, great Dr. Robert Atkins, you're right. For decades, the two of us recommended a high-protein, low-carb diet—long before it became a fad. And I'm still here campaigning for it now that the fad is gone.

The fad didn't fade because people failed to lose weight. They lost weight, alright. Not only that—they had more energy. And if you stick with it the way I have, you'll reduce your risk of heart disease and cancer.

Follow the recommendations in ***The Foods You Love are Good for You*** and you might even get smarter! Our brains thrive on animal fat. Your report documents how folks with low fat levels in their blood have lower cognitive ability and suffer from more depression.

It really is amazing how WRONG the health "experts" are...

One of the most maligned foods on earth is good for you

Hot dogs—we're told they're little more than high-fat waste products soaked in preservatives and food coloring, then peddled to little kids like drugs at a playground. Some school systems have banned hot dogs from school cafeterias. They won't even let booster clubs sell them at ball games.

The truth is 180 degrees opposite from what these busy-

"...the greatest health scam of the century..."

"The analysis of the history and politics behind the diet-heart hypothesis was that after 50 years of research, there was no evidence that a diet low in saturated fat prolongs life...Overall, dietary intervention by lowering saturated fat intake does not lower the incidence of non-fatal coronary artery disease; nor does such dietary intervention lower coronary disease or total mortality."

—Journal of Clinical Nutrition

bodies think...

Let's start with the easy stuff: American hot dogs don't contain chicken beaks, ground hoofs, claws, entrails or other waste products. They're mainly made from good pork, beef or poultry.

If they do contain organ meats such as liver or hearts, it's on the label. So if you're picky, you can choose a brand that doesn't use these ingredients (organ meats are good for you, but let's save that story for another time).

A hot dog has only 150 calories—good calories—animal fat and meat calories. But this may be the biggest and best surprise...

Feel a heart attack coming on? Eat a hot dog!

The "deadly" chemical in hot dogs isn't deadly at all. In fact, it may be your next heart cure. Even small doses of this chemical can TRIPLE your blood flow. That may help prevent

or even cure heart attacks, high blood pressure and strokes.

The chemical, sodium nitrite, is a natural meat preservative used in hot dogs, bacon and ham. For decades, the food nannies have told us this preservative causes cancer. And for decades, I've been saying they're wrong. Our own bodies make the same substance. It's a healthy body chemical. So how can it hurt us if it's in our food?

Now, researchers at NIH—of all places—have proved I'm right.

The news was so shocking that an Associated Press (AP) reporter clearly didn't believe it. "It doesn't mean artery-clogging hot dogs are healthy," this little nanny reported.

Excuse me, AP! Hot dogs don't clog your arteries, and the new discovery about nitrites may turn out to be an important heart breakthrough. The media may not share them, but I'll give you the full details in your FREE Special Report, ***The Foods Your Love are Good for You.***

And when it comes to eggs, the news is even better. See the next chapter...

Chapter Six

Research Eggs-onerates Nature's Perfect Food

Still feel guilty about eating eggs? Read this and you never will again!

After decades of demonizing eggs, the American Heart Association caves in to my position

For 35 years, the health nags and medical Nazis told people to eat only one egg a week. Eggs were treated like poison. More than one was considered a lethal dose. Just to be on the safe side, many people ate no eggs at all!

For the same 35 years, I've been telling my patients to eat all the eggs they want. Guess who was right?

You don't have to take my word for it. Ask the American Heart Association (AHA). They just performed an amazing about-face and told us it's okay to eat one egg every day.

Nice try, AHA, but you should check with the University of Conneticut. They just more than *doubled* the AHA recommendation and confirmed that...

TWO EGGS a DAY have NO negative EFFECT on cholesterol and DON'T cause artery disease

Two eggs a day—FOURTEEN EGGS A WEEK—doesn't increase your risk of heart disease one bit.

Thank you, my academic friends. You're getting warmer, but you're still not there.

How about TEN eggs a day?

You heard me right: ten eggs a day. If you actually want to eat that many, you can do so with my blessing. They're not only harmless, they're good for you.

I call eggs "God's perfect food." After all, what do you expect? Eggs contain everything a baby bird needs for life.

They're loaded with super-high-quality protein, healthy fats, B vitamins, carotenoids and more. PLUS, they're only 70 calories each.

Why get your omega-3's from fish when you can eat eggs?

I bet you didn't know that! Eggs are rich in heart-healthy omega-3 fatty acids. So eat up!

Of course, salmon is a fine source of omega-3's, but I think I'll have an omelet on the side. Research involving more than 117,000 people shows the risk of heart disease is identical whether you eat no eggs at all or more than seven per week.

Another study of 120,000 women suggests that eating eggs reduces your risk of breast cancer by 18%. With all this good news, it's amazing that...

Some nitwits still tell you to avoid eggs

Despite all the evidence, the University of Toronto and Tufts just came out with a so-called heart diet. This "new"

diet allows little or no dairy, meat, poultry, fish or eggs. That's right: the health nags are still at it. The vegetarian wackos just won't go away.

And they don't know what they're talking about.

These dieticians tell you to replace God's perfect food with some concoction made out of cornstarch, arrowroot flour, potato starch and some other junk. Yecch!

They say you can diet your way to low cholesterol and thereby avoid cholesterol-reducing drugs. Avoiding the drugs is a great idea. But giving up eggs won't lower your cholesterol. And, oh yeah, there's probably NO NEED to lower your cholesterol anyway.

This is trash science. Haven't these people seen the evidence? Even the American Heart Association finally figured out eggs are good. Is Tufts on Mars? I'll have to check.

The war against eggs is now over, and the heart "experts" lost

How could our top experts on heart disease be so wrong for so long about eggs?

It all got started with the cholesterol scare. Forty years ago, when the medical big shots decided we should reduce our cholesterol, they looked for ways to do that.

They thought we could do it by reducing the cholesterol we eat. Cholesterol is found ONLY in animal products. And ounce for ounce, eggs have more cholesterol than most other foods.

Eggs really DO have a staggering amount of cholesterol. If the cholesterol you eat could actually raise the amount of cholesterol in your blood, the experts figured your next blood test should look great after you give up eggs.

But there's a problem. The cholesterol we EAT has almost nothing to do with the cholesterol in our blood. Your cholesterol count doesn't really budge a point if you give up eggs. And your risk of heart disease doesn't change.

They tell you it's science, but it's not

The medical authorities repeat this pattern time and time again. They tell you they're the only true scientists. Everyone else is a quack. They tell you their recommendations are backed by scientific studies. They say alternative doctors just use "anecdotal" evidence—or no evidence at all.

The reality is the opposite. Half the time, the medical dictators have no proof and they've conducted no studies. Or worse yet, they've done the studies and the studies show they're wrong, but they cover up the truth and lie to us.

They told millions of people that the cholesterol in animal products such as butter, meat and eggs will hurt their cholesterol. They got millions of people to give up eggs, which are good for you. They got millions of people to eat margarine, which is bad for you.

Decades later, the truth is out, and now we know eggs and butter are better than what they're saying we should

eat instead!

So the heart "experts" made millions of people miserable for nothing

And the "experts" are still around, with more and better health scares! They have egg all over their faces, but NOTHING seems to shame these characters.

In this little book, you'll see case after case of this kind of misinformation.

Cholesterol phobia is so bad—and so misinformed—that some heart doctors STILL tell you to eat the egg white but throw out the yolk. True, the yolk is where all the cholesterol is—there's none in the egg white. BUT THE CHOLESTEROL IN THE YOLK WON'T RAISE YOUR CHOLESTEROL very much, if at all.

They don't know what they're talking about. They're quacks.

Most of the egg's nutrition is in the yolk, not the white. Throw it away and you waste all kinds of valuable nutrients. Raw or lightly cooked eggs are even better, since cooking destroys many valuable nutrients.

But now they've got another scare for you...

What about salmonella?

I answer that question and many others in a FREE report I'll send you, ***The Foods You Love are Good for You***. If you buy eggs the way I suggest, you'll never have

to worry about salmonella.

The lies about eggs and other good foods will NEVER stop, because mainstream medicine makes money by keeping you scared. But they can't shut me up! I wrote ***The Foods You Love are Good for You*** PLUS a whole library of other free Special Reports to get the word out. At the end of this book, I explain how to sign up for your free gifts.

Meanwhile, don't forget to salt your eggs as much as you like. See the next chapter...

"Dr. Douglass, you are terrific!

Your writing style is extremely engaging, entertaining and informative and I thoroughly enjoy receiving this news regularly."

—Cathy K.

Chapter Seven

A No-Salt Diet May INCREASE Your Blood Pressure

The health nags have done it again—taken away a food we enjoy and put us in danger at the same time

I've been saying it over and over again for years: most of us have no reason to worry about salt.

And I'm going to keep right on saying it. The health nags were forced to admit I was right about eggs, coffee, wine and beer. They're close to caving in on soy products, cholesterol and saturated fat.

One fine day you'll wake up and see the headline, "EAT ALL THE SALT YOU WANT! IT'S GOOD FOR YOU!"

Just remember you saw it here first. And meanwhile, make sure the salt on your table is *really* salt (I'll explain in a minute).

Salt—no effect on blood pressure

For two out of three people, salt makes no difference at all. That leaves about one-third who MIGHT have a problem—but the problem isn't salt. It's a certain hormone deficiency in their bodies.

It's medical madness to make us all give up salt because some people can't handle it. It's like making everyone give up alcohol because some people are alcoholics. (Come to think of it, that's what the health nags tried during the Prohibition.)

The studies show that salt in the diet causes high blood pressure only in salt-sensitive people—about 10-25 percent of us.

Even salt-sensitive people don't have to give up salt totally (and I sure hope they don't because it's a vital nutrient). SOME salt restriction MIGHT lower their blood pressure. No guarantees, but it's worth a try. But...

For some of us, giving up salt could *multiply* our heart attack risk!

This would be funny if it weren't so serious. If you're not salt-sensitive, giving up salt may actually INCREASE YOUR BLOOD PRESSURE. Yikes! Could conventional medicine get things *that* wrong?

They not only can, they did.

Severe salt restriction for the rest of us—sick or well—is a dangerous practice. It may actually cause more problems than it solves. In one study, the no-salt group had FOUR TIMES AS MANY HEART ATTACKS.

I've provided all the proof you need in a special free gift—a report called ***Why Worry about High Blood Pressure?*** Subscribe to my newsletter and get your hands on this freebie as soon as you can. Then show it to your doctor, if he's on your case to give up salt.

Even your doctor will see he's been had

Much of the stuff they tell doctors is based on little or no research. The docs who see patients day-in and day-out don't read all the publications. There's no way they could

A Medical Myth Bites the Dust

"Nearly two decades after limiting salt became synonymous with healthful living, the relationship was convincingly refuted. A major international research project in thirty-two nations showed that while the incidence of hypertension varied widely, salt intake had little to do with it."

—**T.J. Moore, *The Atlantic Monthly*, Sept. 1989**

in five lifetimes.

They just assume the bigwigs in prestigious medical schools know what they're talking about. Their eyes would be opened if only they knew the full story.

Why Worry about High Blood Pressure? will show your doctor how the whole war against salt was based on a flawed 1940s study. The patients suffered from a severe, rare type of high blood pressure that has nothing to do with the average patient.

This blooper of a study was the beginning of the salt myth, and boy, has it proved tenacious. Many doctors still carry on as if salt were a poison.

When the no-salt diet failed to lower his patients' blood pressure, one famous scientist used to accuse them of lying and sneaking salt on the side. Go figure. The diet HAD to be right. It was the patients who were evil.

Who's salt sensitive and who isn't

How can you tell if you're in the salt sensitive group or not? After all, you need to know.

It's not easy. There's no simple test for salt sensitivity. But in your free Special Report I give you some tips. The most important tip is that roughly 85% of us won't benefit from giving up salt. And...

Surprise! The salt on your table is NOT salt

Your free Special Report also features some explosive info—a revelation you don't want to miss: the stuff sitting on your table *isn't really salt.* It's been processed by the food industry into something else, something that's not good for you.

How could they mess up a simple, natural thing like salt? Believe me, they found a way.

Let me give you a hint about what's wrong with your salt: they try to fix it so the salt doesn't get lumpy when it's damp. This is crazy. Real salt isn't waterproof. Salt is *supposed* to absorb water and dissolve in water—that's one of its chemical properties.

Waterproof salt ranks right up there with other food industry brainstorms like fat that passes through your body without being digested, artificial fats like margarine, and tofu meat substitutes. These faux foods are killing us.

BUT...it's not easy to get real salt, even in health food stores. Your FREE Special Report, ***Why Worry about High Blood Pressure?***, tells you how to identify good salt and where to buy it.

I've barely touched on the shocking info you'll find in this report. Keep reading...

Chapter Eight

So-Called High Blood Pressure Isn't High

Another medical myth exploded...

A few years ago the medical big shots declared that any blood pressure reading over 115/75 means you're at high risk of heart disease.

The day before they came down from Mt. Sinai with this commandment, the same "experts" were saying the danger level was 140/90. So millions of people who went to bed healthy got up the next morning and found themselves "sick" and in need of prescription medications.

Total nonsense. What if you found out that your blood pressure is really healthier at 195/90 than at 160/90? Or the fact that no level can predict your risk for heart disease anyway?! Well, get ready to be shocked—you'll learn all this and more in your FREE Special Report, ***Why Worry about High Blood Pressure?***

This is some of the most explosive information I've ever published

As you'll see in the free report, ***high blood pressure doesn't cause heart disease***. It's just a symptom. Reducing it may do little or nothing for the real problem.

And that ain't all: ***True high blood pressure is <u>really</u> high, and it's rare.*** And the risks of dying increase in older persons *with* blood pressure treatment. But, your free report features four safe, non-drug ways to treat the problem if it actually exists. The fourth one will really shock you:

Do nothing

You can call me crazy. I'm used to it. But you'd be surprised that people reject blood pressure drugs with great success.

In your free report, you'll meet Bobby. I first met her when she was about 20 years old, and we became friends for life, through marriages, children, and now grandchildren.

Some time back, this dear friend told me she had high blood pressure, but she found she couldn't tolerate the anti-hypertensive drugs. So she became an unwilling guinea pig in a medical experiment: "What happens to a patient with seriously high blood pressure if you do nothing?"

Ten years later she was doing just fine. And she still had very high blood pressure.

Meanwhile, people on the drugs aren't doing so well

My friend Bobby made the right choice for her. As for me, I wouldn't give the major blood pressure drugs to my dog, or any other living creature I love. They're all bad news—the beta blockers, the ACE inhibitors, the calcium channel blockers, the whole rotten bunch.

Your FREE Special Report goes over them one by one

"I think your newsletter is outstanding and have been a regular subscriber for years."

—**Ted S.**

and explains WHY you don't want these pills in your life.

They can be toxic and lead to kidney failure. So, PLEASE check out the free report, ***Why Worry about High Blood Pressure?***, if you or a loved one are taking these medications or even thinking about it.

Mainstream doctors have got a pill for every problem, and half the time the pills are worse than the disease. Check out the next chapter...

Chapter Nine

Statin Drugs are a Threat to Your Life

Care to trade heart disease for cancer?

PLUS a special warning about Red Yeast Rice Extract

Dr. Duane Graveline is a NASA astronaut and a medical doctor. He lost his memory after six weeks on Lipitor, the number one cholesterol-lowering drug. The side effect was so bad he couldn't recognize his own wife or remember which house was his.

You don't have to take my word for it. Dr. Graveline got mad enough to write a book. It's called *Lipitor: Thief of Memory*. Check it out.

Memory loss is a common side effect of statin drugs. It happens to so many people even the mainstream news outlets have noticed the scandal. An assistant professor of medicine at the University of California says, "We have people who have lost thinking ability so rapidly that within the course of a couple of months they went from being head of major divisions of companies to not being able to balance a checkbook and being fired from their company."

Memory loss may be the MILDEST side effect

The side effects of statin drugs are so bad a number of patients quit within the first year. They're the lucky ones. The people we should worry about are the ones who don't quit.

The side effects go beyond loss of memory and maybe all the way to loss of life. At least three clinical trials show healthy people live better without cholesterol-lowering drugs than with them.

They've tested statins on animals and the results are enough to scare you to death, especially when you think of the millions of people who take these pills. The drugs cause cancer in rodents when used in doses nearly equivalent to those prescribed to humans.

Now the same results are popping up in people, too.

How could the FDA approve drugs that put us in danger of cancer?

Without commenting on Big Medicine's morals (or lack thereof), I'll just point out that most tests of new drugs go on for five years or less. That's not long enough for the risk of cancer to show up. The Big Shots don't test the drugs long enough to find out.

In other words, we're the guinea pigs. The FDA, the NIH and the American Heart Association have no idea how bad the cancer risk may be. Decades from now, after millions of people have taken these drugs for years, we'll know. I think it's a catastrophe in the making.

How many lives will be lost before these drugs are pulled off the market?

People who take statins are simply trading reduced cholesterol for greater cancer risk—a bad deal! But it's an

even lousier deal because...

Statin drugs may actually WEAKEN your heart

We know for a fact that statin drugs reduce your level of CoQ_{10}. Your liver manufactures CoQ_{10} right along with cholesterol, and the way the drugs work is to prevent your liver from making cholesterol.

While the drugs keep your liver from making cholesterol, they also keep it from making CoQ_{10}. That's a potential health disaster, because our hearts need this vital nutrient to make energy at the cellular level.

In the long run, a CoQ_{10} deficiency may weaken the heart muscle and cause congestive heart failure.

I know that some other alternative doctors urge people to supplement with CoQ_{10} if they're taking statin drugs. It's not a bad idea. It's better than nothing. But there's absolutely NO PROOF the supplements will be enough to offset the heart damage. Your body needs its own CoQ_{10}—the CoQ_{10} your liver makes.

I have a much better idea: don't take statin drugs in the first place. If cholesterol isn't the problem, why take a cure?

Beware of "natural" supplements that reduce cholesterol

I'd love to tell you my fellow alternative doctors are always right, but sometimes they go off on the wrong track.

Many alternative health letters still harp about cholesterol.

Some of them tell you what I'm telling you—that cholesterol doesn't matter—and then go right ahead and recommend ways to lower cholesterol! That's how bad the cholesterol craze is. The brainwashing runs deep and it's mighty hard to get rid of.

So please heed this urgent warning...

Red yeast rice is no better than statin drugs

This popular natural remedy for high cholesterol may work as well as the commercial statin drugs because it's basically the same thing.

The first statin drug, Mevacor, is just lovastatin, the active ingredient found in red yeast rice fungus. The statin drugs that came along later—Lipitor, Crestor, Zocor—are just variants of lovastatin.

IF YOU DON'T NEED TO GET YOUR CHOLESTEROL DOWN, then stay away from natural AND pharmaceutical pills designed to lower your cholesterol.

While you're at it, make sure you stay away from ALL the other bad recommendations and phony treatments they cook up. Believe me, there are plenty of them. Protect yourself.

I've prepared a library of SEVEN FREE SPECIAL REPORTS for all new subscribers (TEN reports if you subscribe for two years). I enclosed a loose subscription application with this book, and there are extra forms at the back of the book.

Chapter Ten

Coffee is Better for You than Orange Juice

You can help prevent cancer, Parkinson's disease—and even lose weight...

With the help of the newest antioxidant!

Not only is coffee a powerful antioxidant, but a new coffee plant supplement packs one hundred times the power of the brew in your cup!

When a health scientist set out to find the health benefits of drinking coffee, he got a shock. He was just about the first person who'd ever looked for anything good about coffee!

All the researchers before him tried to link coffee to cancer, ulcers, high blood pressure and heart disease. And you know what?

THEY ALL FAILED!

NO study has ever been able to prove coffee is a health hazard.

What a letdown that must be for the health nags, assuming they pay attention to the facts. Which they usually don't. If they were objective scientists they'd see...

Coffee is one of the most beneficial, nutrient-rich foods on earth

The researcher I just mentioned decided to be different and find some good news about coffee. And did he ever! He found out the antioxidants in a cup of coffee might equal those in three oranges.

And this guy is a heavy hitter, not a water boy for the health industry. At the time of this study he'd been a University of California chemist for 18 years and an expert on antioxidants for 10.

Dramatic as it is, what he revealed is just the latest in a long string of discoveries...

- Drink two to three cups of coffee a day and presto! You're 40% less likely to suffer from gallstones.
- Raise it to four cups a day and you dramatically drop your risk of colon cancer.
- And how about coffee's dangers? There are none! A Harvard University study found NO evidence at all linking coffee to stroke, heart disease or ulcers—even among guys who drank more than four cups a day.

But a drink that revs you up like coffee has got to be bad for your blood pressure, right? Nonsense. There's no connection. The worst that can happen is the caffeine gives you the jitters or keeps you up at night. If that happens to you, just cut back.

Benefit after benefit after benefit

The nutrients in coffee are good for you in so many

ways, I could tell you a lot more—and I do! It's all in your FREE Special Report, ***The Foods You Love are Good for You.***

The report reveals how coffee may be the breakthrough in treating Parkinson's disease. When researchers followed 8,000 men over a 30-year period, they found the men who didn't drink coffee were twice as likely to develop Parkinson's than the men who drank more than three cups a day.

There's more: Coffee can give you an extra edge in losing weight! But to get the full benefit you need to drink it along with two supplements I tell you about in your free report. And there's STILL more...

NEW BREAKTHROUGH: Even more antioxidant power than a cup of coffee!

I've saved the best news about coffee for last. I've just come across new research that shows the coffee berry packs dozens of times the antioxidant power found in brewed coffee.

You've probably never given much thought to where coffee beans come from. Here's the scoop: the beans we use to brew coffee aren't really beans at all. They're actually the seeds of the bright red coffee berry. Until now, coffee growers just threw away the soft flesh of the berry, and the seeds were roasted to brew coffee.

Of course, roasting and brewing destroy some of the

valuable plant chemicals in coffee beans. Even so, a cup of coffee is as rich in antioxidants as orange juice. Just imagine the nutrients in the unprocessed coffee berry!

No need to imagine. I've got the facts, and I share them with you in your FREE Special Report, ***The Foods You Love are Good for You.*** The goodness of the coffee berry is now available in a supplement that packs more antioxidant power than four POTS of coffee (but without the caffeine)!

The secret to a long life?

Are you starting to see? We've been totally misled. The foods we love really ARE good for us.

Yet many doctors, including alternative doctors, STILL tell you to stop drinking coffee. There's no science behind it. THE EVIDENCE IS ALL ON THE OTHER SIDE.

It's the old "if you're having fun, it's bad for you" theory.

So don't buy it. Send for your FREE copy of ***The Foods You Love are Good for You.*** It's my free gift to you—one of seven—when you join my healthy, fun-loving group of subscribers.

Chapter Eleven

Drink to Your Health—and Do It Often!

Meet your new wonder drug for Alzheimer's —and more!

The Wall Street Journal:
"There is a drug that can lower your risk of heart attack, diabetes, osteoporosis and mental decline by 30% to 60%, but doctors aren't prescribing it. The reason? It is alcohol."

I'm not going to waste your time with old news on how red wine is rich in antioxidants and good for your heart. This goes WAY beyond that.

First off, it goes way beyond wine. It turns out beer and spirits are good for you, too. In some cases, better than wine.

PLUS drinking alcohol benefits MUCH MORE than just your heart. We might be looking at an important breakthrough for Alzheimer's...

PLUS alcohol is one of the most effective "drugs" ever discovered for high blood pressure!

It's absolutely true. According to one of the world's most renowned newspapers, doctors are beginning to ask themselves if it's time to prescribe wine and beer to

certain patients!

"...the issue poses a significant dilemma for doctors," says *The Wall Street Journal*

Oh, really? They have a dilemma? I don't. For decades, I've urged my patients to enjoy moderate drinking (unless they're alcoholics, of course). Now the mainstream is finally getting the message.

If it was good enough for George Burns, it's good enough for me. The famous comedian made it to 100, smoking cheap cigars, downing martinis and performing for live audiences until the very end.

I've made it to 82 following the "Burns prescription." I plan to make it to the century mark—and celebrate with champagne!

"Guinness is Good for You"

That was a popular advertising slogan way back in the 1920s—before the health nannies took over.

Well, guess what: Guinness was right and the killjoys were wrong.

The blood pressure benefits alone should be enough to mandate a beer a day for millions of adults. If you're an addictive personality, stay away from alcohol and keep going to your AA meetings.

But if you're sure you can handle it, here's what you stand to gain...

The Benefits of Moderate Drinking	
Health Risk	**Effect of Alcohol**
Heart Attack	37% lower risk in men who drink five to seven days a week
Diabetes	34% lower risk of developing disease; up to 60% more protection for diabetics at high risk of heart attack
Stroke	40% to 60% lower risk with one to two drinks a day
Dementia	42% lower risk with one to three drinks daily
Osteoporosis	Women who have six to seven drinks a week have significantly higher bone density than nondrinkers
SOURCE: Southern Medical Journal, July 2004	

- At least 60 studies link alcohol consumption to lower heart attack risk.
- A long-term Harvard study of 80,000 nurses found moderate beer drinking reduces blood pressure and heart attacks.
- A glass a day of beer or red wine makes your arteries more elastic, according to an Israeli study. And that keeps your blood pressure down.

- ➤ Drinkers have a lower pulse rate than nondrinkers. A high pulse is a warning sign of disease and death.
- ➤ Drinking also helps prevent cancer, diabetes, osteoporosis and more!

There's a lot more I'd like to tell you—too much for the space I have here—so I've prepared another Special Report called ***Drink to Your Health: The Newly Discovered Benefits of Beer and Wine***. It's one of your SEVEN FREE GIFTS when you subscribe to my newsletter (TEN FREE GIFTS if you subscribe for two years).

Literally a wonder drug for Alzheimer's

In your free Special Report, you'll discover an amazing new benefit that's just coming out...

In a big French study, three times as many nondrinkers got Alzheimer's compared to drinkers!

If these results hold up, then people who drink wine have a far, far lower risk of Alzheimer's compared to people who don't drink at all.

This shocking discovery rocked the medical research world! And don't let anyone tell you the study was anecdotal or too small. There were 3,700 participants and the

> "The scientific evidence that moderate drinking has health benefits is now overwhelming."
>
> ***—Professor Ken Watson, University of New England, Australia***

trial lasted five years.

This is not just another antioxidant. Get real, folks! *Drinking slashed the risk of losing your mind by 75 percent!* Look at the score...

Four teetotalers got dementia for every ONE drinker who got it

These are "wonder drug" numbers! I kid you not, if wine and beer were prescription drugs your doctor would be DEMANDING that you take them. The risk of addiction would just be fine print on the label.

In your FREE Special Report, ***Drink to Your Health: The Newly Discovered Benefits of Beer and Wine***, you'll see surprising evidence that drinkers are more intelligent than nondrinkers. (Well, it doesn't surprise me, but it surprises some people.)

This free report will put you on the cutting edge of an exciting new field. In the next ten years, I predict we'll see one discovery after another on how the brain benefits from beer and wine. But don't get carried away. The studies show heavy drinkers are dumber. It's moderate drinkers who benefit.

The report also shows how beer reduces the risks of cancer, diabetes, and osteoporosis as well. Send for your free copy today! I enclosed a subscription invitation with this little book. But if you misplaced it, don't worry—there are more subscription forms at the back of the book.

Chapter Twelve

Warning: Spit Out this "Health Food"— Unless You Want to Go Senile!

Are you eating this stuff? Yes. It's in 60% of the foods in your supermarket.

"They" told us it would cut our cholesterol, prevent osteoporosis and even cure the symptoms of menopause. Instead it's giving us cancer, making us impotent—and it could be the real reason so many kids are turning gay!

Beware the medical-industrial complex. When these powerful interests put their minds to it, they can change our whole society. Usually for the worse.

They practically wiped out the egg industry with bogus health warnings. Then they had to eat crow and admit they were wrong.

Is crow a health food? The FDA and the American Heart Association better hope so, because they just ate it again. They've been proven dead wrong about a food they've recommended for decades.

They told us it would cut our cholesterol. "Oops!" It doesn't cut cholesterol, but that's only half the story. This

"health food" is linked to bad digestion, cancer, allergies, sexual impotence, thyroid disease, mental decline and more. Let me explain why...

Soybean products aren't health foods—they're virtual poisons!

Yes, the health food I'm talking about is soy. For more than 25 years, mainstream and alternative doctors alike have touted that disgusting tofu junk as a miracle health food.

The FDA allowed big corporations to claim that soy reduced cholesterol, and the money boys took it to the bank.

Sad to say, alternative doctors fell for it, too. They not only agreed this food was good for your heart, they also told women it relieved the symptoms of menopause, such as hot flashes.

Now the American Heart Association admits what I've said all along. This spongy white gook does your heart no good at all. The AHA's big cave-in appeared in the pages of *Circulation*, the bible of heart doctors.

Their review of 22 different studies proved that large amounts of tofu won't really lower you cholesterol ONE BIT.

That's a relief, because nobody likes it anyway.

The menopause myth just went out the window, too

The news is just as bad for women who eat tofu to relieve menopause symptoms. It not only does you no good, but get this: the women on a placebo reported

MORE relief from hot flashes and other symptoms than did the women who ate soy!

Right! A sugar pill is more help than soy protein.

But I bet the big shots are sorry to lose a great marketing story. Whenever the health nags want to make us feel guilty, they tell us we should eat like Asians because Asians are healthier than we are—or so the story goes. And soy has been number one on the list of healthy Asian foods.

There's just one little problem...

Asians don't eat the stuff—they use it like manure!

Someone actually checked this out and—whaddaya know—people in China, Japan, Korea and other Asian countries barely touch soy products. One cup of tofu or soy milk contains about 7 TIMES AS MUCH soy as a typical Asian eats in a day.

Back in ancient times, the Chinese didn't eat soy at all. They used it along with manure to fertilize their fields. In more recent times they've eaten a little, but mainly in fermented form such as soy sauce or natto. They use it as a seasoning, for crying out loud, not the main course.

They've never heard of—much less seen—the tofu cheesecake, soy energy bars, soy sausages, soy hot dogs and other flatulence-producing garbage that lines our grocery shelves. You can thank the American marketing machine—not Asian peasants—for that.

Never before in history has any nation on earth con-

sumed as much soy as American meat-haters and health nuts eat. Tragically, millions of babies also consume the stuff in baby formula.

I say "tragically" because now we know *it's not safe*.

Your FREE report alerts you to the deadly dangers

You'll discover the full scope of this shocking scandal in a Special Report you get free when you subscribe. It's called ***The Soyling of the World: Spit Out this Deadly Health Food.***

You need the report because the food industry has sneaked soy into 60% of the products sold in our supermarkets! I suggest you read food labels carefully. You need to avoid one of the biggest hidden threats to health ever foisted on the American public.

In your FREE Special Report you'll discover scary links to childhood deaths from allergic reactions and even to leukemia, bladder cancer, chronic fatigue...

...in fact, the report lists 12 diseases we KNOW are linked to eating soy products. Let me give you a sneak preview...

Does soy cause our rising level of sexual problems?

It's a well-known fact that male sperm counts have been falling for decades. Men today have more and more trouble fathering children. It's because they're shooting blanks! If things go on at this rate we'll all be infertile in a few decades.

Meanwhile, it sure seems like more and more boys and

young men are homosexual. A couple of decades ago, most studies suggested five to seven percent of men were gay.

Now it seems like several times that figure! Show me the parents these days who don't worry whether their kid might turn out gay.

And don't blame it all on Hollywood and the music industry. Something's changed in our physiology. Modern boys reach puberty later than they used to and often have smaller sex organs. And you may be surprised to learn...

The girls are messed up, too!

Girls become sexually mature at a younger and younger age. While boys experience delayed sexual development, girls these days have their first periods seven months earlier than their mothers did. Breast development is showing up in first and second graders!

You don't have to take my word for it. The whole scientific community has been buzzing about this strange phenomenon for years. No one knows why girls barely out of the toddler stage are shopping for bras.

I have a pretty good idea, and it's the same reason boys and men are becoming gay, infertile and undersized!

Babies are getting the equivalent of birth controls pills every day!

Soy-based baby formula is the number one suspect in America's rising level of sexual dysfunction. I've been railing against this junk for years, and now the mainstream is

finally catching up to me. But it's too late for millions of people. They're already messed up because their mothers innocently fed them soy milk.

The mothers are innocent. But corporate America isn't.

There's a lot of soy in animal feed, and you know what? The manufacturers have to limit the amount because it causes growth and fertility problems in animals!

They know it sexually messes up our cattle and our pets, but they feed it to us and don't say a word!

Not in the U.S., anyway. Other countries are finally taking action. The French have "banned" the stuff from food for infants and toddlers. And the Israeli Health Ministry warns mothers against soy formula. Ditto for other countries.

If you want to be a man, don't eat soy

Listen, Buddhist monasteries feed this stuff to the monks to help them give up sex!

It's no mystery why soy messes with your sex life. It's LOADED with female hormones. No wonder so many boys today are checking out the lipstick counter instead of the sports department!

Get the full story in your FREE Special Report, ***The Soyling of the World: Spit Out this Deadly "Health" Food!***

It should be a criminal act to feed us female hormones—and force them on pets, to boot. There's no end to the health nonsense that "experts" foist on us...

Chapter Thirteen

8 Glasses of Water a Day? Sez Who?

It's just another medical myth

But here's the way to tell how much water you really need

Generations of American kids have had it drummed into their heads: drink eight glasses of water a day.

Health classes in schools...Boy Scout handbooks...4-H Club meetings...if you're like me, you heard this everywhere you went when you were growing up.

Who started this? Where did this rule come from?

Nobody knows where it originated. It has no scientific basis at all.

There's no reason to drink any more water than you feel like drinking. There's not a shred of research to prove drinking a lot of water improves your health.

This doesn't stop health nannies from scolding us that bad things will happen if we don't get our two quarts of H_2O (that's eight cups, for those who slept through science class). Hydromania has even spread to parts of Europe...

Some "experts" declared that British children are dehydrated and so must be reminded, pressured and frightened into drinking eight glasses of water a day.

"A campaign has been launched in Yorkshire schools to encourage children to drink more water to increase their concentration," said the report. No kidding! This was on the BBC's website. The title was "Water coolers to help pupils think."

More water will help us think better?!! Good grief!

If you consider this a bit goofy, you're in good company: mine (if I do say so myself). Eight glasses of water a day for an 80-pound child? They'll spend most of their time in the bathroom, which doesn't sound to me like it will help concentration levels.

And who was the guiding light behind this effort to waterlog British school children? Surprise! The water companies, with the usual scientific "experts" for cover.

The eight-glasses-a-day myth is a classic of medical group-think. Repeat something over and over for decades and eventually everyone "knows" it must be true.

Thanks, your newsletter is excellent ...

...and it gives me some great laughs at the expense of the medical/pharmaceutical complex and, of course, our government bureaucrats."

—Donna B.

Like so many medical myths, this one is not only wrong but can be harmful

The evidence is all on the other side: Excessive water drinking can be bad for you. In fact, you can overdose on water, with life-threatening consequences. You'll see the truth in a FREE Special Report I'll send you, ***Medical Advice that Can Wreck Your Health.*** It's yours when you subscribe.

Okay, we all need some water. How much is the right amount? The Special Report tells all, but I'll provide a hint: It depends on you. There's no one-size-fits-all rule, but there IS an easy way to tell how much you need—so easy you'll laugh! PLUS much more...

- ➤ Coffee and tea don't count as water consumption. They dehydrate you. True or false?
- ➤ Athletes need to drink a lot of water to prevent dehydration. True or false?

  The answer to this one will shock you. A classic case that proves "what everyone knows" can endanger your life.
- ➤ Drinking too much water can increase your stroke risk. True or false?
- ➤ Drinking too much water may stress your kidneys. True or false?

Get full details in your FREE report, ***Medical Advice that Can Wreck Your Health.*** But here's something more important: What's IN your water is far more dangerous

than how much water you drink.

Water companies are adding rat poison to your water

Hundreds of water systems in the U.S. deliberately add toxic waste to the city water supply. Until a few decades ago, this substance was only approved for use as an insecticide or a rat poison.

The substance is called fluoride.

You heard me right. Here's how it got started. Back in the 1940s, the aluminum industry was looking around for some way to dispose of millions of tons of fluoride, a toxic byproduct of their manufacturing process. The demand for rat and insect poison wasn't high enough to use up the huge amounts they had to get rid of.

So the aluminum industry funded a study or two "proving" that fluoride compounds prevent tooth decay. After that, it was off to the races.

Now we know the truth: fluoride doesn't prevent tooth decay but it *does* prevent good health

In your FREE report, ***Medical Advice that Can Wreck Your Health***, you'll discover why it's urgent to drink ONLY non-fluoridated water. You'll want to throw out all your fluoride toothpaste and never buy another tube.

And for heaven's sake, make sure your children and

grandchildren don't brush with the stuff.

Look at any tube of fluoridated toothpaste. It warns you not to swallow and to contact a poison control center if you do. Why do you think that is? It's not because of the mint flavoring!

And how many four-year-olds are careful not to swallow any toothpaste?

Fluoridation is one of the most shameful episodes in the history of American healthcare

I've been battling fluoridation of water systems for forty years. I've been called a kook, a nut, a crank and other names I can't print here. So have thousands of other people who've battled against mass-prescribing a drug to hundreds of millions of people without their consent and without long-term testing.

Again and again in my career, I've seen my "nutty" views proved right while mainstream doctors had to eat crow. It doesn't give me the satisfaction you might think. It's painful to me to see the senseless damage done to millions of innocent people—people who thought Big Medicine and

A Reader Writes:

"You are the only MD that I see fighting for a fluoride-free world. Where are the others? This is the biggest crime ever. God will act. Count me in."

—John T.

Big Science and Big Government were looking out for them.

Who's a nut now?

Last year, the employee unions at the Environmental Protection Agency wrote Congress and asked it to ban fluoride in drinking water. They want their bosses at the EPA to officially recognize that fluoride can cause cancer—and to set the drinking water standard for fluoride at zero.

I was amazed to see this happen inside a government agency. But there's even more good news...

The American Dental Association (of all people!) recently expressed concern that babies are getting too much fluoride in our tap water.

Europe is now 98 percent fluoride-free

Huge studies involving tens of thousands of children show NO DIFFERENCE in tooth decay between cities that fluoridate and cities that don't. This substance does NOT reduce tooth decay.

In Europe, they've seen through the fraud and they've almost totally removed fluoride from their water supplies. In your free report, you'll see the same evidence that convinced them—evidence most American communities and water companies still deny.

But at long last, some American communities are wising up. The tide is turning our way. But how could our medical authorities be so wrong for so long?

More fluoride always equals more lead

Fluoride is at the root of a medical tragedy almost too vast to think about. I've seen evidence linking fluoride to cancer, osteoporosis and even Alzheimer's. I believe they're just the tip of the iceberg—fluoride ingestion may play a role in heart disease and arthritis, too.

Don't take my word for it. See the evidence for yourself in your free report, ***Medical Advice that Can Wreck Your Health***. Not one single cell in your body escapes the toxic effects. Dr. Roger G. Masters, a renowned Dartmouth University medical professor, linked fluoride consumption to lead poisoning in children.

Anecdotal evidence? I wish. He cited studies involving 400,000 children. Fluoride-treated municipal water was associated with increased blood lead levels in children. These kids were being poisoned.

He writes, "In each case, those exposed to [fluoride] treated water were more likely to have behavioral or health problems that are more likely among those with high lead in their bodies."

Fluoride, bone cancer, and children

And other studies show a link between fluoride consumption and bone cancer in children. The authorities have known this since 1991 and did nothing. Instead, just a couple of years ago a powerful Harvard researcher was caught trying to bury new evidence of the lead-fluoride connection.

Surprise! This guy was a public mouthpiece for Colgate-Palmolive, one of the leading makers of fluoride toothpaste. I expose the charlatan in your free report.

He should be sentenced to drinking eight glasses of fluoridated water a day till his teeth fall out or he dies from fluoride-induced heart disease.

More medical myths exposed in your FREE report

New finding: A common medical test, done on millions of people every day, puts you at increased risk of coronary heart disease and cancer. In fact, it may get these diseases going! Blockbuster news.

- **The most dangerous unrecognized toxin in our environment.** Another "helpful" chemical the government forces on us. But it's easy to avoid.
- **The tragic ADHD scam:** Drugging children for yet another disease that didn't exist until medical "experts" made it up. And now they tell us *adults* have ADHD! A whole new market!
- **Secondhand smoke?** It's just another overblown scare tactic. In fact, the health hazards of *tobacco* are overrated. The Japanese and the Swiss are among the world's heaviest smokers, and they live longer than Americans do.

Yes, it's true, and you'll see the evidence in your free Special Report. Nicotine has significant health benefits—including weight loss, higher energy and increased

alertness. But there's more: nicotine has the potential to be a new wonder drug—not when you smoke it, of course, but when you take it in other forms such as pills or the patch.

Studies show it helps patients suffering from Alzheimer's, Parkinson's, and Tourette's syndrome. Rats on nicotine run mazes faster, indicating increased intelligence. In moderate doses, nicotine could be a safe way to beat fatigue and get rid of unwanted pounds.

Live by truth, not by foolish myths

It's really something. People worry more about second-hand smoke in their favorite restaurant than they do about a poison—fluoride—that they've consumed their entire lives.

Subscribe today, and discover the truth about both—

A Mother Writes Dr. Douglass:

"Thanks, I needed that. My son, now 23, was diagnosed with ADHD at a very early age...many teachers and doctors alike insisted that he be put on Ritalin. After administering this medication to my child for about a month, I noticed he was not the same happy-go-lucky child...It changed his 'personality.' This was not the child I knew who loved life. I took him off the medicine never to put him on it again, against teachers' and doctors' advice...I appreciated your article as it confirmed my decision! Thanks again!"

—Martha A.

and much more—in your free report, ***Medical Advice that Can Wreck Your Health***. I have enclosed a loose subscription application. But if you misplaced it, there are more forms on the last pages of this little book.

And now, are you ready for another shocker? Exercise could be bad for your heart! Keep reading...

Chapter Fourteen

The Non-Survival of the Fittest

Don't feel guilty about not exercising...

Exercise won't add even one day to your life...*And besides, strenuous exercise can cause heart disease!*

Grab the remote, sink into your couch and get ready for a delightful evening of doing nothing...

It's good for you!

How much you exercise has NOTHING to do with how long you'll live

For 50 years, researchers have been trying to show that people who work out live longer. They've conducted all kinds of studies on hundreds of thousands of people in many countries. They were SURE exercise MUST add years to your life.

And here's what they found: NO CONNECTION. None at all.

In one famous study of 2,252 California men, the couch potatoes had 30% *fewer* new cases of heart disease than the researchers expected. And the most active had 38% *more.*

A little bit of exercise is fine. By all means, play a round of golf or a tennis match, if you enjoy it. Take up

dancing or gardening. But don't overdo it, and for heaven's sake don't imagine it'll add years to your life because it won't.

Say good-bye to another myth

As far as mainstream "experts" are concerned: Never mind the facts. They bombard us with false claims about the benefits of physical exercise. Have you heard the one about how exercise reduces your blood pressure?

FALSE! What happens is, blood pressure goes down for a while after you exercise and then goes back up.

So, always remember what "they" call science: "If it's fun, it's bad for you; if it's no fun, it's good for you."

If nagging was an Olympic event, our mainstream doctors would be gold medalists. They haven't succeeded in getting most of us to exercise much, according to surveys—but thanks to them, we all feel guilty about it.

YOU won't. Not anymore. Not after you read a FREE Special Report I'd like to send you called ***Exercise Less, Live Longer.*** It blows away the exercise myth once and for all. Let me give you a sneak preview...

Athletes and couch potatoes go downhill at the same rate

In your FREE report, you'll discover that people lose aerobic capacity at the same rate, whether they exercise or not. It's a product of our body chemistry, not how much misery we inflict on ourselves at a health club.

BUT you can help keep your muscles stronger and bigger—by using a certain amino acid to make up for what your body lacks. And at the same time you can enjoy what they call a "sedentary lifestyle"!

As an extra benefit, the supplement also relieves muscle cramps.

Our own bodies make this nutrient, but we make less of it after age 60. Your free Special Report ***Exercise Less, Live Longer*** tells you how to use this supplement and a couple others to keep your strength for the things that really matter to you—not lifting weights but lifting a grocery bag or opening a jar of pickles.

"Exercise death": A new health problem

Thanks to the exercise fad and non-stop nagging, we have a new medical crisis in the United States: "exercise death."

I'm not kidding, this is actually a recognized medical problem. A whole body of scientific literature deals with the new "disease." I googled it and got 32 million entries!

And there's no *question* that heart attacks are far more likely during a hard workout.

The first guy to run a marathon died and he's had plenty of company since

I've said for more than 30 years that jogging is dangerous and that running marathons is just about the worst health advice on earth.

How do you think the marathon got started? About 2,500 years ago, a Greek soldier ran 26 miles to carry the news of a great victory to the people of Athens. He gasped out one word—"victory"—and dropped dead on the spot. Too bad he didn't have a cell phone.

Don't look now, but the same thing still happens to a great many runners who appear to be in perfect health. Have you ever seen the faces of distance runners crossing the finish line? Do they look happy? Of course not. They look like they're on the brink of death. (And they are.)

Sudden death syndrome for fitness addicts

You can be in superb physical shape and still be on the verge of a heart attack. You may feel no symptoms, no warning of any kind. A doctor will find nothing in a check-up and the famous stress test tells us nothing.

An amazed research team at Stanford University Medical Center was forced to admit, "Neither superior athletic performance nor habitual physical exercise guarantees protection against an exercise death."

Hold on there, my Stanford friends. There IS a symptom, a "dead" giveaway. In a non-athlete, it's considered a mark of heart disease. But for some reason when the symptom shows up in an athlete, doctors say it's a sign of fitness! Once again, they've got it all wrong.

Doctors need to look at this symptom for what it is: a sign of heart trouble. And if you happen to know some-

one who's a workout fanatic, this information could save a life. You'll find it in your FREE Special Report, ***Exercise Less, Live Longer***.

Women break easier than men

It's all but certain that strenuous exercise kills more people than it helps. Not only does it put your heart in greater danger, but it CLEARLY damages joints and causes stress fractures. The largely imaginary benefits of exercise are nothing compared to the real and known dangers.

Those dangers are greater for women.

It's not fashionable to say so in this age of political correctness, but women are different from men. Their bodies are at risk for injuries men don't have to worry about, and plenty of women now face a lifetime of chronic back pain and pelvic pain thanks to stupid exercise advice.

Maybe I'm an Archie Bunker type who longs for the days when "goils were goils and men were men," but I'm also careful about my facts. In your free report, ***Exercise Less, Live Longer,*** I go into detail on the skeletal differences between men and women and why the "goils" are major victims of Big Medicine's careless exercise advice.

Cardiac rehab is a fraud, too

America's health care industry is full of sad, post-bypass heart patients forced to exercise as part of their "rehabilitation."

It's all nonsense, and dangerous nonsense at that. In

your FREE report, you'll discover exactly HOW dangerous it is to make these frail people work out. The exercise myth is used to torture these patients and do them harm. It's that same discredited notion again: "If it's no fun, it must be good for you."

You don't need a physical therapist standing over you like a drill sergeant merely days after doctors have cut your chest open. It's outrageous.

Join my happy, healthy subscribers now and get your FREE report

Every new subscriber gets a free copy of ***Exercise Less, Live Longer***. You get full details and proof of every explosive claim I just made. You'll be armed and ready next time a well-meaning "health expert" gives you the standard lecture about exercise.

You'll also discover the supplements that build muscle mass and my secret for doubling the benefit of moderate exercise.

I'm especially proud of this Special Report, so please take me up on this offer. I'd like to hear what you think! I enclosed a loose subscription application and a postage-paid reply envelope. But if you misplaced them, there are more subscription forms at the end of this book.

Exercise moderately—and get twice the benefit in half the time

Years ago, I learned a simple trick to double or triple the benefit you get out of each minute you spend exercising. I've been passing it on to my readers ever since, and you'll receive the secret, too, when you subscribe. It's in your FREE bonus report, ***Exercise Less, Live Longer.***

I'll give you a sneak preview: vigorous exercise actually robs your tissues of oxygen, the very stuff you need to reverse aging and add years to your life. The harder you exercise, the lower your oxygen levels.

My tip requires a simple piece of equipment you can find at a medical supply store. Use this device and you'll be able to exercise AND oxygenate your blood and tissues at the same time. You double or triple the benefit!

Exercise won't necessarily add years to your life, but moderate exercise CAN build up your strength and stamina, so you can take a flight of stairs or play with your grandchildren—without pooping out.

Chapter Fifteen

Sunbathing Doesn't Cause Cancer... It PREVENTS It

"Stay out of the sun," they warn us. Are they crazy?

Sunshine is a super cancer cure and it's totally free!

Radio, TV, magazines and newspapers constantly nag us to stay out of the sun. If you MUST expose yourself to the sun and risk the deadly danger, they warn, "make sure you lather up with 30 or 45 spf sunscreen."

Better yet, dress from head to toe like it's February, so the killer rays can't get to your skin.

This is not the stupidest medical advice you'll hear (there's a lot of competition for that honor), but it's close to the top.

They've got it all wrong—again: sunshine doesn't cause deadly skin cancer

Even mainstream dermatologists are starting to see things my way. But they've discovered what I learned long ago: you can't teach an old dogma new tricks.

Once the medical profession stakes its reputation on a myth, the facts no longer matter. Being right matters (and, of course, money).

One University forced a well-known authority on skin

and UV rays to resign his post. His crime? He wrote a book on the incredible benefits of getting a light tan!

This poor man is not a lone kook. Listen to Dr. Bernard Ackerman, a winner of the Master Award of the American Society of Dermatology and founder of a world-famous dermatology training center.

Dr. Ackerman said there's NO PROOF that sun exposure causes melanoma, the serious type of skin cancer.

Smoking-gun proof that sunshine *prevents* deadly skin cancer

Dr. Ackerman bases his charges on the same evidence I've trumpeted for years. Nearly all cases of melanoma occur in areas where the sun don't shine, such as on your torso and the backs of your legs.

But that's nothing. Here's the real stunner: The *more* sun you get, the less likely you are to get melanoma!

Hard to believe, I know. But pick yourself up off the floor and I'll prove it. Sunlight DOES age your skin—the killjoys are right about that. Cowboys, rich women who own yachts, and other toasted people often have wrinkled, leathery skin.

But a study in the *Journal of the National Cancer Institute* showed that they are exactly the people who have the least to fear from melanoma! They're less likely to get it. And if they do get it, their death rate from the disease is LESS than that of melanoma patients whose skin isn't aged by the sun!

The mainstream still denies the truth

As if the news about melanoma wasn't enough, another article in the same issue showed sun exposure reduces your risk of cancer of the lymph glands. The poor researchers were so let down. They'd expected to prove the opposite.

The two articles were such a challenge to the mainstream myth, the cancer journal's editors tried to explain it all away in an editorial. Attaboy! Ignore the evidence and go back to your cherished beliefs.

They wrote, "Solar radiation is a well-established skin carcinogen, responsible for more cancers worldwide than any other single agent." In other words...

The doctors met the "facts," and the facts lost

When they say sunlight causes more cancers than anything else, they neglect to mention which cancers they're talking about.

The whole kerfuffle about how the sun causes skin cancer is based on a type of cancer that usually doesn't amount to more than a hill of beans.

Skin cancer comes in three flavors: basal cell carcinoma, squamous cell carcinoma and melanoma. Sun exposure actually does cause the first two types. But it so happens they're almost never life-threatening.

It's MELANOMAS that are truly deadly, but they're NOT caused by sunlight. The truth is the opposite. LACK of sunlight is strongly linked to melanoma and indeed to

ALL KINDS OF CANCER.

Sunlight actually *decreases* your risk of death from colon, breast, ovarian and prostate cancer, according to an eleven-year study covering 24 U.S. states.

The farther north they live, the more cancer people get

Melanoma is more common in Ohio than in Florida, where the sun shines all year long. In Australia, where the sun shines 365 days a year in much of the continent, office workers have a higher incidence of melanoma than lifeguards who bask in the sun day after day.

Is this too simple and obvious for people with multiple degrees to understand?

If you look at the evidence, your best chance of avoiding melanoma might be to move to the tropics and become a nudist! That's what I did (except the nudist part). I live in Central America and I make a point of getting sun every day.

Readers who listen to me enjoy nature's best protection from cancer—sunshine!

Can you believe it? Can you believe mainstream medicine is *this* wrong?

The melanoma-and-sunlight myth is just a fraction of the nonsense they teach us about cancer. Please let me send you a FREE Special Report, ***How Mainstream Medicine Causes Cancer Deaths (and What You Can Do Instead)***.

A reader decides to get some sun!

"My congratulations to you for hanging in there over the years and recognizing that man has lived essentially uncovered in the sunshine for eons of time and survived quite nicely. Keep up the good work. Thanks."

—Jack M.

I've barely touched on the mind-boggling BENEFITS of getting sun. In your free report you'll see that sunshine not only helps prevent cancer but also osteoporosis, MS and rheumatoid arthritis, too! You'll see how more sun could literally save thousands of lives every year.

This valuable information is yours just for giving my newsletter a try, and if you change your mind, no problem. My publisher will send you a refund—and you can keep your free reports.

But I'm not worried you'll want to do that. See the next chapter for a preview of the OTHER shocking revelations in ***How Mainstream Medicine Causes Cancer Deaths (and What You Can Do Instead)***...

Chapter Sixteen

Medical Tests that Cause Cancer

...and a Breakthrough Cancer Therapy the Medical Establishment Won't Let Us Have

I've learned over the years that if I give any of my supposedly outlandish opinions enough time, research will start trickling in to prove I was right all along.

When it comes to cancer, it's more like a deluge than a trickle. The last chapter was just a taste. The news I revealed there has left mainstream "experts" scrambling to cover their rear ends.

They're going to be busy, 'cuz the skin cancer myth is just ONE of many you'll see debunked in your free Special Report, ***How Mainstream Medicine Causes Cancer Deaths (and What You Can Do Instead).***

Mammograms are squeezing the life out of you—literally

Mammograms don't necessarily prevent cancer, but they certainly can spread it.

For decades I've tried to warn women against this dangerous, worthless test. In your free report, you'll find out why.

In medical school, my classmates and I had it drummed into our heads that breast lumps should be han-

dled very delicately because they could rupture and spread cancer. This was mainstream medicine back in those days!

I guess the bigwigs forgot all that, because now they DEMAND that you submit to a test where the whole idea is to squeeze the breast between photographic plates until it hurts. No kidding, that's what the instructions on the equipment recommend!

It feels like it's not good for you, and it isn't. You'll get the facts you need in your free Special Report, ***How Mainstream Medicine Causes Cancer Deaths (and What You Can Do Instead)***. There's NO EVIDENCE this screening saves lives.

And men, don't think you're safe, because you're not!

Stupid cancer tests for men, too

Mainstream medicine has scared us men to death about prostate cancer. And once again, the tests are worse than the disease.

Just as with women, a common test run on thousands of men every year can spread cancer cells. Your free report tells you about a safe, noninvasive test that's much more accurate. Good stuff to know, because early detection CAN save your life, if it's done right. But you don't want the darn test to spread the cancer!

And there's more. You know about benign prostate enlargement (BPH), right? This annoying but harmless condition causes you to have to urinate frequently, espe-

cially at night when you're trying to get some sleep.

An enlarged prostate is no threat to your life, but Big Medicine's favorite cure IS. The leading BPH drug can increase your risk of high-grade prostate cancer. Your Special Report names names.

And the report does more than just trash the mainstream prostate solutions. I provide natural, effective alternatives, including a flower pollen extract with a better success rate than saw palmetto.

A cancer fact every adult American needs to know

In your FREE Special Report, you'll find out something every adult American needs to know: most patients don't die of cancer. They die of chemotherapy.

"I personally know dozens of cases where this was the true cause," writes Bill Henderson, a well-known cancer reporter.

"A good estimate is that at least half of the 550,000 deaths each year attributed to 'cancer' in the U.S. were actually caused by the cancer 'therapy.' Furthermore, when a patient treated with chemotherapy or radiation dies from infections like pneumonia caused by damage to their immune system, their death is not a 'cancer death'."

Bill Henderson knows, because his own wife died after a four-year battle with cancer—and the doctor wrote "heart failure" as the cause of death! He had to. The law requires doctors to enter the *final* cause of death.

Which means the official statistics conceal hundreds of

thousands of cancer fatalities, many of them caused by the *treatment*. Have you ever heard such an outrageous lie?

Get ready to talk back or doctors will drag you into this

I strongly urge you to get your free copy of ***How Mainstream Medicine Causes Cancer Deaths (and What You Can Do Instead)***. If you're ever diagnosed with cancer—God forbid—you'll immediately come under intense pressure to submit to mainstream medicine's worthless treatments.

In some cases, they practically won't let you out of the building till you agree to surgery or chemotherapy. I know of cases where doctors walked reluctant patients to the appointment desk and stood over them to make sure they signed up.

But how about doctors themselves? What do doctors do when THEY or their loved ones get cancer? Fasten your seatbelt...

Chemotherapy at any dose is pure quackery and some cancer doctors know it

In your free Special Report, you'll discover what one group of cancer doctors (oncologists, of all people!) said about chemotherapy in a poll—where they didn't have to reveal their names. It's absolutely one of the most shocking pieces of information about cancer you will ever read.

The most effective cancer treatment I've ever found

I'm not going to condemn mainstream cancer thera-

pies and then leave you high and dry. Your FREE Special Report, ***How Mainstream Medicine Causes Cancer Deaths (and What You Can Do Instead)*** features alternative treatments that give you hope.

The facts are indisputable. I've seen them firsthand in my own practice.

My first choice is a therapy I've given several cancer patients. I've found it to be far superior to any other cancer treatment available.

What's more, this is a "Dr. Douglass First" and it's still close to being an exclusive. You won't see it mentioned in other alternative health news services.

In fact, most alternative health newsletters give you very little help when it comes to cancer. If the editor is practicing medicine in the United States he can lose his license or even go to jail for recommending the treatments I reveal in your free Special Report.

I don't live or practice in the United States anymore, so I can tell you the truth about forbidden treatments like this:

A forgotten miracle from the 1940s... a secret from Soviet Russia... and a lifeline for anyone battling cancer!

Technology can be our worst enemy when it comes to medical treatment.

Did you know some of the best medical therapies simply disappeared after the discovery of penicillin, antibiotics

and other "miracle drugs" back in the 1940s and 1950s? The medical establishment decided drugs were the answer to every problem.

First, they stopped using drug-free alternative therapies. Then a few decades went by and they forgot all about them.

Not me. I remembered them and did all I could to keep them alive. Now we know the drugs don't work and our grandparents were on the right track all along.

The same therapy I call my "Number One Choice for Cancer" was also a promising cure for polio. Doctors used it to treat 58 patients during a polio epidemic in Los Angeles in 1946, and the results were phenomenal. They saved 57 of them.

A seven-year-old boy showed symptoms of one of the deadliest forms of polio. Doctors told the boy's parents he had one chance in 20 of surviving. Instead, he recovered just hours after receiving this non-drug alternative. In just 3½ months, his father said, "had one not known that the child had had polio, no present sign would suggest it."

But the famous polio vaccine came along and our medical establishment lost interest. Lucky for us, it was a different story in the Soviet Union, where they didn't have our money and technology...

Russian doctors treated more than 100,000 patients

While Western doctors scorned this totally safe, drug-free treatment, Soviet doctors continued to study it.

So after the fall of the Soviet Union, I headed for Russia's renowned Pasteur Institute to find out what they'd been doing for the last 20 years. I figured I'd give them a couple of tips about this therapy. Boy, was I wrong! They'd discovered all kinds of new applications. In fact, they'd already treated more than 100,000 patients with it.

Given America's war against alternative medicine—especially cancer alternatives—this treatment isn't easy to get. But I've found a way. Read all about it in ***How Mainstream Medicine Causes Cancer Deaths (and What You Can Do Instead)***. This Special Report is one of **SEVEN FREE GIFTS** you'll receive when you join me (ten free gifts with a two-year subscription).

In the pages of your Special Report you'll also discover...

A little-known supplement you can use to help *prevent* heart disease as well as treat it

This is another discovery from the 1930s that mainstream medicine forgot.

It not only helps prevent cancer, it also slows down bone loss, helps reverse atherosclerosis, and helps balance your blood sugar. How can you beat that?!

And wouldn't you know it, this natural wonder is found in beef, butter and whole milk—the very products I've been urging people to eat while the medical mainstream condemned them.

I'm telling you, animal products are packed with nutrients

these "experts" haven't even looked for, much less found.

True, you need to eat grass-fed beef—which I recommend anyway because the cattle aren't fed antibiotics and hormones. But—if you insist—you can take this natural substance in a pill.

More cancer answers in your free report

In your free report ***How Mainstream Medicine Causes Cancer Deaths (and What You Can Do Instead)***, you'll get the facts on everything I promised above and more.

- ➤ *The sunshine and skin cancer myth:* Mainstream medicine is wrong. Sunlight PREVENTS all kinds of cancers—as well as osteoporosis, rheumatoid arthritis and MS!
- ➤ How mammograms spread cancer and don't save as many lives as they'd like you to think
- ➤ Other cancer tests that can SPREAD cancer. Learn what they are and your alternatives
- ➤ Your chance of beating cancer just got better. My new report reveals a non-invasive cancer test that's more accurate than any test that mainstream doctors use. Detects the disease with up to 99% accuracy and hugely increases your chance of survival.
- ➤ Beyond saw palmetto: my most effective natural treatments for prostate health

➤ ***Chemotherapy is quackery***: What cancer doctors say when they don't have to give their names. The smoking-gun proof that you should consider alternatives.

➤ The most effective cancer treatment I've ever seen—no drugs, radiation or surgery—a *Douglass Report* first.

➤ Overlooked supplements you can take to prevent OR treat cancer. They benefit your health in multiple ways. One even helps weight loss! Another is available in any supermarket and tastes good to boot. A Japanese doctor calls it "the cheapest and most reliable method for cancer prevention available to the general public."

Every new subscriber to my newsletter receives all this and more in the Special Report, ***How Mainstream Medicine Causes Cancer Deaths (and What You Can Do Instead)***. I enclosed a loose subscription application with this little book, and there are also subscription forms on the last pages.

Join me today!

I've been sending thousands of readers a monthly update for years. And I never run out of scams to expose.

I'd love for you to join us! Look at the next chapter and see all the important health news you'll get...

What the Readers Have to Say:

"Your newsletters are so FANTASTIC...

I wouldn't miss reading them for the world. PLEASE keep up ALL THE GREAT WORK YOU DO—AND HAVE DONE FOR YEARS!"

—Marianne M.

"I want to thank you for all the invaluable, credible information you are sharing with those of us who have doubted mainstream medicine for years. I have worked in the medical field for over 25 years (on the administrative side) and have seen firsthand the poor care and misdirection given to patients thousands of times a day."

—Barb M.

"You are the best doctor in the USA...

...and I am always forwarding your recommendations to over 193 Marines and civilians on my e-list. My sincere appreciation."

—Dan W.

"I'm just taking a moment to let you know how very much I enjoy receiving Dr. Douglass' email newsletter. I'd love to know the guy. I can tell by his writings that he's exactly the sort of irascible, curmudgeonly, shoot-from-the-hip person I enjoy so much."

—Catherine A.

Sign Up Now for All These Benefits

7 Free Special Reports...and much more!

Subscribe to my newsletter *The Douglass Report* for one year—12 issues—and you receive the seven FREE Special Reports I've described in these pages. Better yet, you can get three more—a total of TEN FREE REPORTS—by taking a two-year subscription.

But the free Special Reports are just an appetizer. The main course is my monthly newsletter—a feast of information, if I do say so myself. If you thought some of the news in this book was startling, just remember: it all appeared in my newsletter first. Sometimes *decades* ago.

You could've spared yourself all the nonsense, worry and guilt about cholesterol, giving up eggs, those "carcinogens" in bacon, staying out of the sun, exercising like crazy...

You could have been laughing at the nags all this time.

Bold, no-holds-barred medical truths

The Douglass Report is like no other health newsletter on earth, alternative or mainstream. I live abroad and I don't practice medicine in the U.S. anymore. I don't CARE what the medical dictators think. They can't do anything to me.

So my newsletter is bolder and—frankly—more truthful than any other health newsletter you can find. I respect

my colleagues in the alternative health field, but if they told you the stuff I tell you, they'd be put out of business.

One of the most famous alternative doctors in the U.S. refuses to treat cancer patients at all. If I told you this doctor's name, you'd recognize it, but I don't want to embarrass him.

He sends cancer patients elsewhere, because he doesn't want to battle the medical dictators. He calls chemotherapy a placebo (but not in his newsletter).

Do you see? ***The Douglass Report*** gives you what no other source can get away with: the plain truth.

You can also receive daily updates in your inbox

You get more than my monthly issue. Throughout the week, I'll send you e-mails exposing the latest misinformation and keeping you up to date on new alternative therapies.

With the sheer volume of bunk the health industry puts out, it's a full-time job to stay ahead of their lies and mistakes! The daily email service is yours FREE when you subscribe—all you have to do is jot down your e-mail address.

Unlimited access to my priceless database of health information

There's no price I could ever put on this next benefit: You can search my Internet archives for any articles I've published on any health subject you want.

It's a total health library, at your fingertips. And my publisher's search engine finds what you want *fast.*

That means if your doctor wants the name and date of some article that proves the cholesterol myth is wrong or the blood pressure scare is all wet, you can find it within seconds. More importantly, if you or someone you love needs quick information NOW on some treatment or health problem, it's yours in an instant.

You're protected by my full-money-back "Ultimate Guarantee"

It goes without saying that you can always get your money back. My publisher is one of the largest alternative health publishers and they've been in business more than 30 years. They're super-reputable.

So if you ever feel my service is not what you expect—anytime down to the last issue—just let us know and you'll get **a prompt refund of every cent you paid**. No strings, no questions asked.

I'm not too worried, though—hardly anyone bails out. But you always can if you want.

You Can Receive
7 Free Reports

Read these and you'll never get fooled again!

FREE REPORT #1
How Mainstream Medicine "Breaks" Your Heart (and What You Can Do Instead)

Cholesterol has almost nothing to do with heart disease. The food you eat has almost nothing to do with your cholesterol level. And cholesterol-lowering drugs are a threat to your life. You can show your doctor this report —the smoking-gun proof—complete with the names and dates of the medical journal articles.

But what DOES cause heart disease, and what can you do about it? SOMETHING is damaging your arteries, and you've got to find out what it is. Could it be a body chemical called homocysteine, as some alternative doctors say? They're on the right track. But there's more, much more, you need to know.

In fact, the prime cause of heart disease is staring the medical establishment right in the face and they don't even notice. But *you* will, and you'll be able to save yourself with the information in this report—using easy nutritional solutions! I recommend an herb that solves so many heart problems so fast it could put heart surgeons out of business.

FREE REPORT #2
The Foods You Love Are Good for You

I'm 82 and I've eaten a high-fat diet for more than 40 years. I weigh the same as I did in college and I'm totally free of cancer and heart disease. The reason: I don't eat the vegetarian, no-meat, sugar-loaded, tofu-infested foods the health nags recommend.

I eat the foods our great-grandparents ate in 1900 and that primitive people ate for thousands of years—a diet high in animal products, saturated fat and cholesterol. I've seen patients lose 50 pounds eating like I do, and their energy levels soar!

Read this revealing Special Report and you'll understand how the modern American diet is turning us into invalids. It's not just meat, eggs and milk the food nags are wrong about. In your Special Report, you'll see the proof that there are NO KNOWN BAD EFFECTS from coffee. It's rich in nutrients. Plus, it turns out those "carcinogenic" preservatives in bacon and ham are natural biochemicals that are good for your heart!

FREE REPORT #3
Why Worry about High Blood Pressure?

This Special Report knocks out a foolish myth once and for all: salt doesn't cause high blood pressure, except in a very small part of the population. So who's at risk? Your report helps you figure out whether you're one of this small group of salt-sensitive people.

For the rest of us, giving up salt is a dangerous mistake! You'll also find out that the salt most people buy is junk and you need to buy the real thing (not easy to find, either—but I'll explain how). ***But the real shocker in this report is that your "high" blood pressure is probably just fine.*** Yes, we've been had again! So read this report and relax. Chances are they've got you worried about nothing.

FREE REPORT #4
Drink to Your Health: The Newly Discovered Benefits of Beer and Wine

If beer and wine were prescription drugs, your doctor would be DEMANDING that you take them. The risk of addiction would just be fine print on the label. You don't have to take my word for it. A recent article in the *The Wall Street Journal* suggested that doctors should start *prescribing* beer and wine for better health.

I love it when the mainstream finally catches up to what I've been saying for years. Of course, you should stay away from alcohol if you have an addiction problem, but the rest of us may be able to cut our risk of Alzheimer's as much as 75%, just by moderate drinking. That's phenomenal!

In your Special Report, you'll see how regular alcohol consumption can also reduce your blood pressure and help prevent cancer, diabetes, osteoporosis and more! Beer and wine are the *new* wonder drugs.

FREE REPORT #5
The Soyling of the World: Spit Out This Deadly "Health" Food

Soy products aren't health foods, they're deadly poisons! The health nags told us soy products like tofu would cut our cholesterol, prevent osteoporosis and even cure the symptoms of menopause. Instead, this yucky-tasting goop can give us cancer, make us impotent, and could be the real reason so many kids are turning gay.

Impossible? Think again. We feed gallons of soy "milk" to babies in infant formula. Did you know it's the equivalent of giving a baby birth control pills every day?!! And adults aren't safe. Soy is in as much as 60% of the products in your supermarket.

How many times have you heard the little lecture on how Asians eat a lot of soy and don't get heart disease like we do? Reality: Asians hardly eat any soy. Get all the facts in your report. Then warn everyone you know.

FREE REPORT #6
Exercise Less, Live Longer

Researchers have tried in vain for 50 years to prove that exercise leads to longer life. They can't, because it doesn't. You'll discover the proof in this report, and you'll never feel guilty again about not getting enough exercise. But this myth has led to quite a different problem: "exercise death." That's right, plenty of night-and-weekend athletes

drop dead during their workouts, including some who seemed completely healthy.

Your report reveals why heavy exercise is especially bad for women and how "cardiac rehab" after heart surgery is a cruel hoax. SPECIAL: My secret technique for getting twice the exercise benefit in half the time—safely, without overdoing it. PLUS: Supplements that really DO help you maintain muscle mass, so you can perform simple tasks like lifting a bag of groceries.

FREE REPORT #7
How Mainstream Medicine Causes Cancer Deaths (And What You Can Do Instead)

How can the medical establishment be so wrong about so many things for so long? It really IS amazing. Exposure to the sun doesn't cause melanoma, the deadliest form of skin cancer. You'll learn the facts in your report. People who spend lots of time in the sun are actually in LESS DANGER of melanoma than those who get little or no sun.

In fact, regular exposure to sun is one of the most powerful ways to prevent several cancers, including breast and prostate. Your best bet might be to move to the tropics and become a nudist!

That sounds funny, but the info in your report is a matter of life and death. Conventional medicine is wrong about many things, but they're MORE WRONG ABOUT CANCER than almost anything else.

Many of the most common tests to detect cancer—including mammograms—can actually *spread* cancer. Read the report and find out what these tests are and your alternatives!

It gets worse: Most cancer patients don't die of cancer. They die of chemotherapy.

Modern medicine's treatments are nothing but quackery. With one out of three women and one out of two men destined to get cancer, EVERYONE needs to read this report so they're ready to make intelligent choices.

One of those intelligent choices is my favorite—the first thing I'd try if I had cancer. It's a forgotten miracle from early in the last century—forgotten in the U.S. that is. Russian doctors have given it to more than 100,000 patients with results that will astound you. Hard to get in the U.S., but your free report can help you find it.

Order NOW!
Don't miss this valuable
FREE information!

Sign up for a Two-Year Subscription and Get 3 More Free Reports!

FREE REPORT #8
Medical Advice that Can Wreck Your Health

You can now stop worrying about drinking eight glasses of water a day. It's a myth. No one even knows where it got started. Reality: drinking too much water can actually harm you. So what's the right amount? It depends on you, and your free Special Report provides a simple way to tell.

The report exposes a batch of foolish medical fads, and how I wish they were all as harmless as the water nonsense! NO WAY. In hundreds of communities, the health nannies are adding a deadly poison to the water because they *think* it prevents cavities.

I'm talking about fluoride. Read this and you'll never drink unfiltered water again. (You'll throw out your toothpaste, too.) The dangers are far greater than you would ever think.

MORE MEDICAL FADS EXPOSED: A common medical test, performed on millions every day, puts you at higher risk of cancer and heart disease. In fact, it might set these diseases in motion!

SECONDHAND SMOKE: Another myth. Nicotine actually has benefits you can take advantage of.

THE MOST DANGEROUS OVERLOOKED TOXIN

IN OUR ENVIRONMENT. Another "helpful" chemical the government forces on us. But easy to eliminate once you know what it is.

ADHD: A disease that didn't exist a generation ago is now a boondoggle for the drug industry. Get the facts.

FREE REPORT #9
Radical Pain Solutions for People Determined to Win

There IS a total, root-cause cure for back pain and many other types of joint and muscle pain. You know by now that I'd never pull the wool over your eyes, so here's the bad news first: It's extremely safe, but it might take from two to ten treatments. You might feel worse for the first week or so. And complete healing can take from six weeks to two years.

THE GOOD NEWS: If it works for you, it actually cures the pain for good instead of masking it with painkillers. And it DOES work for about 90% of the people who try it. BETTER NEWS: it involves no drugs or surgery.

More Pain Solutions:

Doctors withhold one of the most effective treatments for pain because they think it's damaging. They got it wrong again. It's natural and completely safe when used properly—and the pain relief is like a miracle. If you can find a doctor who will give you this therapy—the way it should be done—you'll bless the day.

Your grandmother knew another solution to pain,

and it's right under your nose. Use this amazingly simple tip to get symptomatic pain relief at home in five minutes, without drugs. When it comes to back and neck pain, I don't think an orthopedist or chiropractor can relieve it as quickly and thoroughly as this!

Plus: Supplements known to relieve inflammation and rebuild damaged cartilage and tissue. All yours in your free report.

FREE REPORT #10
Hidden and Forbidden But for Real

You're being denied powerful treatments for heart disease, cancer, every type of infection, allergies, and even gum disease.

SPECIAL NOTICE: This one report is worth more than the cost of your subscription. It reveals two banned therapies that are probably the most valuable health information you'll see this year.

Your report features two "controversial" treatments. That is, they're controversial in the eyes of the U.S. medical industry. In reality, doctors in other countries have used them on thousands of patients and these treatments are backed by thousands of articles in medical journals.

Thousands of articles? Yes, thousands. These discoveries have filled more than 6,100 journal articles. I've used both treatments myself to control and reverse deadly diseases at my clinic in Africa. They're cheap and they're safe.

A Baylor University Medical Center study saw incredi-

ble results in both heart and cancer patients. I've successfully treated cancer patients myself, in my own offices.

But this is what's most important: These two therapies are highly effective against infections, the world's #1 killer. They're yet another tool that medicine forgot after penicillin came along. Now—as everyone knows—antibiotics are becoming less and less effective every year. THESE THERAPIES ARE THE NON-DRUG ANSWER TO MICROBES.

Patients with high fever and flu often see their symptoms disappear before their first treatment is even finished. I saw a hopeless, final-stage emphysema patient arrive at my clinic in a wheelchair and walk out on his own two feet. I've used these therapies to control AIDS in Africa as effectively as insulin controls diabetes.

In India, in the days before antibiotics, patients with untreatable, terminal pneumonia recovered and lived. The treatment was new at the time (the 1920s) and the doctors only tried it on patients who were doomed anyway. HALF OF THESE "HOPELESS" CASES GOT WELL.

If a deadly bird flu virus ever does sweep the United States, these treatments could be your ticket to safety. Read this report, and then—absolutely—find yourself a doctor who will perform at least one of them on you if you need it.

TWO MORE FREE SPECIAL REPORTS For ALL subscribers who sign up within 10 days!

It was expensive to send you this free book!

Help us out by signing up right now, and we'll reward you with two more free reports ...

FREE REPORT #11
Six Days to Maximum Sex

My best secrets to boost male potency, intensify female responsiveness and multiply mutual pleasure. Try my natural solutions and you'll be romping in the hay like a teenager!

FREE REPORT #12
The Natural "Stomach Bypass" Without Surgery

Many mainstream doctors call stomach bypass surgery the most effective way to lose weight and keep it off. Patients who have part of their stomach cut out feel full despite eating small portions. The pounds melt away and they don't feel hungry. Now it turns out the surgery may work because it cuts out a certain stomach secretion that triggers the desire to eat. In fact, this natural body chemical almost *forces* you to eat! This means if you can reduce these secretions, you can skip the surgery and still lose weight without hunger. This is cutting edge stuff—a

Douglass Report exclusive.

For pennies per day, you're protected from health myths and bogus medical treatments

PLUS: you hear the truth about valuable treatments "they" want to deny you!

If you take me up on this special invitation now, you gain complete access to all this information—everything I've described—for about ten pennies a day. I'd call that the bargain of the century, if you look at the sheer volume of false health information I've exposed just in this book. There's a lot more, so subscribe now and keep it coming!

Even alternative health newsletters often repeat bunkum like "how to cut your cholesterol." Good grief! How many of them would dare to tell you cholesterol is good for you? They're afraid! They live in the FDA gulag.

Just ask yourself...

Have you ever worried about cholesterol? Have you ever tried to cut eggs, butter and meat out of your diet? If you'd been one of my readers, you would have known better years ago.

Do you worry about not getting enough exercise? There's no need. If you'd been a subscriber you would've known the truth.

Do you feel nagged to death about salt...staying out of the sun...drinking eight glasses of water...cutting back on

coffee...eating tofu in place of meat...

Have you had enough?

Then join my hundreds of thousands of happy readers. Kick the nags out of your life. Pop open a brew, throw a steak on the grill—maybe a bratwurst, too—and curl up with the latest issue of my newsletter, ***The Douglass Report***!

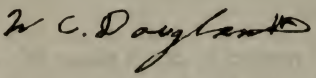
YOU TAKE NO RISK. Look over the 7 FREE Special Reports (10 if you sign up for two years). Read one or two monthly issues. Surf our extensive online archives—ask our search engine any question you like. Then...

If you're ever dissatisfied AT ANY TIME, FOR ANY REASON, just let us know and we'll send you a prompt refund for every cent you paid for your subscription. You keep your free reports and anything else my publisher has sent you, with our compliments. And with my personal thanks for trying my newsletter.

I enclosed a loose reply form and postage-paid envelope with this little book. But if you misplaced them, no problem. You'll find extra application forms in the back of this book.

I hope you join me!

Yours for the truth,



William Campbell Douglas II, M.D.

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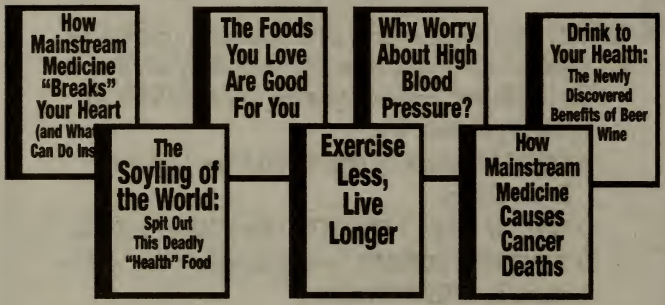
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The Foods You Love Are Good For You
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Drink to Your Health: The Newly Discovered Benefits of Beer Wine
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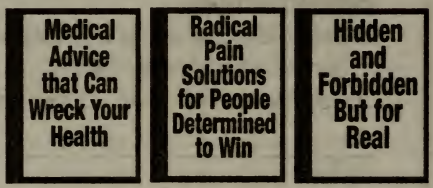
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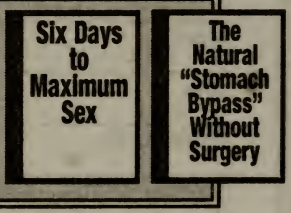

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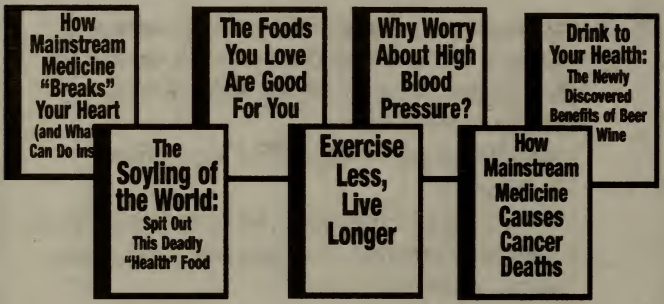
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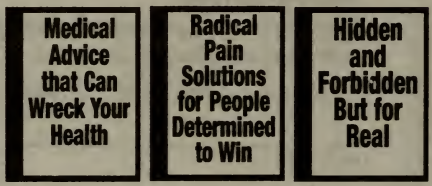
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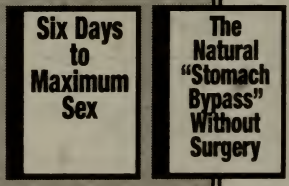

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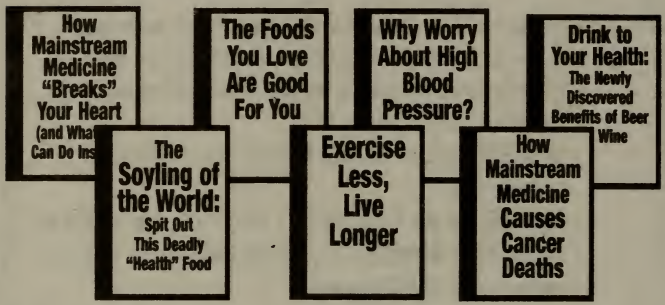
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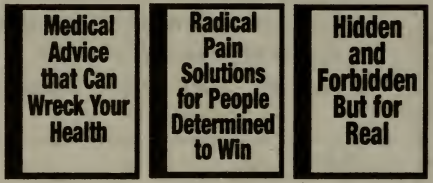
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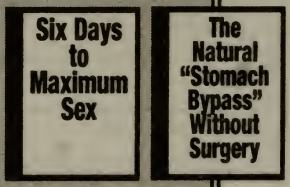

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(Details inside, page 55)

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- **Cholesterol doesn't matter** – smoking-gun proof on page 1
- **Exercise** less if you'd like to live longer (page 77)
- **Coffee** is healthier than orange juice! (page 51)
- **Salt** – NO EFFECT on blood pressure (page 39)
- You don't need 8 glasses of **water** a day (page 67)
- **Fluoride's** a poison that does your teeth no good (page 70)
- **Soy** causes cancer and may be turning kids gay! (page 61)
- **Sunbathing** doesn't cause deadly skin cancer (page 85)